

# Mouth of the River

Issue 5

\\

Oyster River High School's Newspaper  
Durham, NH 03824

\\

June 3rd, 2014



## NEWS

Retirement.....3  
Failed Follies.....4

## FEATURES

WWSKD.....10  
To Infinity and Beyond....12

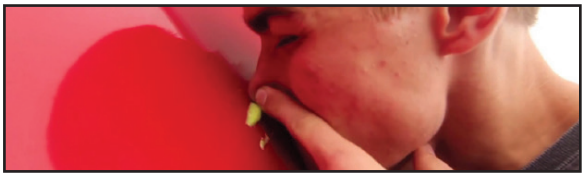
## OP-ED

Senior Traditions.....20  
Pulling Your Weight...24

## SPORTS

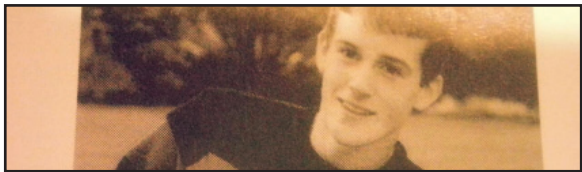
Sarno Summer Classic...28  
100 Degree Workout...32

WHAT’S IN THIS ISSUE?



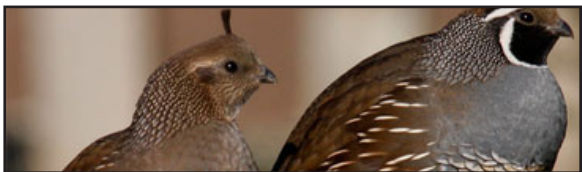
NEWS DEPT.

- 3: Saying Goodbye
- 4: Failed Follies
- 5: Does Oyster River Have A Drug Problem?
- 6: Does Oyster River Have A Drug Problem?(cont.)
- 7: College Application Bootcamp



FEATURES DEPT.

- 8: A Teaching Career Coming To A Close
- 9: A Teaching Career Coming To A Close (cont.)
- 10: WWSKD
- 11: WWSKD (cont.)
- 12: To Infinity and Beyond
- 13: Album Reviews
- 14: Prom Throwback
- 15: Music in the School
- 16: Senior Wills
- 17: Senior Wills
- 18: Senior Announcements



OPINION-EDITORIAL DEPT.

- 19: Procrastinataion Nation
- 20: Senior Traditions
- 21: Senior Traditions (cont.)
- 22: Adolescent Employment
- 23: Second Best to Birthday Suits
- 24: Pulling Your Weight
- 25: Pulling Your Weight (cont.)
- 26: What Will Determine the Respect?



SPORTS DEPT.

- 27: Row, Row, Row Your Boat
- 28: Sarno Summer Classic
- 29: Got Game?
- 30: On That Workout Grind
- 31: On That Workout Grind (cont.)
- 32: 100 Degree Workout

- Letter from the Editor,
- Five great issues and four magical coffeehouses later, the end is finally here. The Mouth of The River staff worked incredibly hard this year to bring the student body the best possible news, in the most interesting format. Between Mr. Brewer getting his green card and four professionals leaving the school, a lot has happened. In this final issue, we see the culmination of 12 writers’ work for an entire school year.

- This year saw an amazing development of MOR’s online presences. The Twitter account tweets sports games while the Facebook page posts updates. Most of all, the on-line website, mornewspaper.com, puts all of the year’s work in one convenient place. The website offers color photos and a new and interesting way to view journalism.

- Collaborations with ORTV News have allowed MOR to bring a flavor of multimedia journalism to the student body as seen in “Not Your Average Joe” and “Longboarding at ORHS.” The world of journalism is changing and media is going to be the biggest part. Who knows if we’ll even have a print issue 10 years from now!

- The important thing is to keep striving to provide you, our readers, with the information and news you all deserve. It’s a busy world and it’s impossible to keep up with everything. As our mission statement says “we strive to provide you, the readers, with interesting and motivating news while maintaining our core values of honesty, integrity, and accessibility.” I hope we have displayed these values to you this year and earned the respect that we have worked so hard for.

- As this MOR staff leaves, we open the doors for a whole new year of innovative, unique and different voices. Next year’s writers will deliver the same quality of work and interesting topics that we have covered all year. I want to thank everyone who read the paper this year, attended a coffeehouse, or even just followed our Twitter page. News may be changing, but we’re ready to change with it. Thank you all so much for making my time as the Editor-in-Chief so enjoyable and rewarding. Have a great summer!

-Matthew Segil, Editor-in-Chief

Senior Week Schedule

- Mon. June 9
  - 7:30-9:15- A&G Final Exams
- Tues. June 10
  - C,D, & E Final Exams
- Wed. June 11
  - Senior Trip
- Thur. June 12
  - 7:30-9:15- F Period Final Exam
  - 10:00am- Graduation Rehearsal in Auditorium
  - 6:30am- Baccalaureate in Auditorium
- Fri. June 13
  - 10:00am- Graduation Rehearsal in Auditorium
  - 6:00pm- Graduation

Underclassman Exams

- 7:45-9:30 9:30-10:00 10:00-11:45
- Tues. June 17 Period A Break Period B
- Wed. June 18 Period C Break Period D
- Thur. June 19 Period E Break Period F
- Fri. June 20 Period G Break Make-up Exams



# SAYING GOODBYE

## 2014 ORHS Retirees



Kirsten Weiker  
News Writer

“I’ve been working here longer than you, or any of my other current students have been alive,” family and consumer science teacher Mary Kishbaugh chuckled. Kishbaugh has been teaching for 23 years here at Oyster River High School, but this year marks the final year of her teaching career. At the end of the 2013-2014 school year, Kishbaugh is retiring. However, she is not alone in her road to retirement. Along with her will be Dave Nichols, who is one of the mathematics teachers, and social studies teacher Lou Mroz (check out Sam Colby’s article for more on Lou Mroz retirement on page 8). But what is next for them?

“I was planning to stay, do another year and then retire. But then they came out with this buy out incentive, and it’s just too good to pass up. I didn’t know if another opportunity like this would come up,” Nichols explained. He went on to say that it didn’t make sense to not take the buyout being offered, it would give him (and the other retiring teachers) a substantial increase in the money that would be received for retirement each month. Kishbaugh agreed, saying, “I was planning to retire this year anyway, but I was beginning to have second thoughts up until I received information on the buyout.” Nichols also mentioned his struggle with keeping up with

*“It takes such a long time to form the bonds that I have with my students, and I hope that the next person that comes in here does the same.”*

- Mary Kishbaugh



Dave Nichols waving goodbye as he walks out of his classroom.



Mary Kishbaugh and a group of students from one of her foods classes.

the technology. “I just don’t understand all of the updates and downloads. Kids emailing me math projects and all these other things... what happened to good old hard copies? Doing projects by hand? Yes it will take some time, but you should put in that kind of effort,” Nichols explained.

But what is next for the Oyster River Retirees? Kishbaugh seems to have plenty in mind for her future endeavors. “I hope to travel but not too far to start,” Kishbaugh explained. Her husband’s oldest daughter

just moved to Virginia, and they plan to go visit her as soon as school ends. Kishbaugh also mentioned her love for quilting, and how she has three best friends that are waiting for her to become their “fourth musketeer,” as Kishbaugh put it. She does not however, plan on continuing her career in foods. “I was in a car accident that forced me to have back surgery.

I can’t stand on my feet long enough to cook for hours on end like most professional chefs do.”

Unlike Kishbaugh, Nichols does not know what he wants to do in his near future in retirement. “I don’t really have anything lined up. This place has really spoiled me and I wasn’t planning on leaving,” Nichols explained. “But I have a lot of hobbies that I could probably branch out to.”

*“What I’m really going to miss most when I leave are the students. That’s going to be the hardest for me I believe, because they grow on me; they’re like my own [kids]. Oh, and they keep me feeling young.”*

- Dave Nichols

Some of Nichols hobbies include cooking, traveling, and reading. He also doesn’t plan on giving up his teaching any time soon. “I hope to do a lot of substituting, if they’ll let me come back of course,” Nichols laughed.

In the end, something that the retirees agree on is how much they’ll miss the students here. “What I’m really going to miss most when I leave are the students. That’s going to be the hardest for me I believe, because they grow on me; they’re like my own [kids]. Oh, and they keep me feeling young,” Nichols said. Kishbaugh agreed, saying, “that will be the hardest for me. It takes such a long time to form the bonds that I have with my students, and I hope that the next person that comes in here does the same.”



# FAILED FOLLIES

## Why Follies isn't happening this year.



Sam Colby  
News Writer

Sitting down with students and teachers of all ages and watching a group of teenage boys wearing nothing but jockstraps fire bottle rockets at one another might not seem like the most orthodox fundraiser, but the outrageous, hilarious, and boundary pushing event known as Senior Follies has been going on for years, until now. Senior Follies of 2014 was canceled on May 19th. It may come as no surprise to some that the event for this year was canceled, but what stirs up the most confusion is that the cancellation had nothing to do with the controversial subject matter of Follies, but rather the lack of it. "We literally did not have enough material for a show," says ORHS economics teacher and senior class advisor, Heather Healy. "Nothing was done, I basically had to look at what we had, and considering the events in the next ten days with the play and Memorial Day, I just felt like it wasn't going to happen," explains Healy.

Since she took the position of senior class advisor in 2006, Healy says this is the first time she has had to cancel Senior Follies. A process which usually begins in the fall, this year's senior class did not begin writing skits for Follies until April. "They had a lot on their plate, I think there weren't enough kids to divvy up the work and make it fair," says Healy. "I think the show was maybe going to be half an hour, maybe," she explains.

*"Follies didn't work out this year because of a lack of enthusiasm and a lack of time,"*

*-Andrew McDonald*



From one of last year's Follies videos; image courtesy of Ian Avery-Leaf.

Follies Head Director, Andrew McDonald, explains the situation: "Follies didn't work out this year because of a lack of enthusiasm and a lack of time. We only had 5 or 6 writers who were actually submitting work and showing dedication. Unfortunately this is not something a handful of people can throw together, there is a lot of work involved." In addition to McDonald and Healy, ORHS Senior Alex Eustace also had an important role in organizing Follies. While all three (and many more) showed interest in Follies this year, "interest is not enough to get something as complicated as Follies done," says McDonald.

Many students and staff who recall Follies from previous years remember the subject matter to be hilarious, but questionable. Such questionable subject matter, of course, requires heavy staff monitoring. Healy has a large role in not only organizing, but screening Follies. "I guess I would be the first level of screening for all the skits," said Mrs. Healy. "The students brainstorm and develop ideas, I might stop them, or I might say that's fine," said Mrs. Healy, providing insight behind the scenes of the Follies skits.

In addition to Healy, ORHS Dean of Students Mike McCann is one of the adults in charge of advising Follies. "Normally I'll be an extra set of eyes to look over the scripts," explains McCann. "At least one administrator

looks it over," says McCann, elaborating on the process of screening. "I think the big thing is, whether or not the skit is aimed at an individual person," says McCann. "Also along the line of drugs and alcohol, or things that are just not appropriate for school," he explains. Everyone knows the rules for what's acceptable and unacceptable in the classroom, and Follies is apparently held to the same rules and expectations as classroom behavior. What gets tricky, McCann says, is identifying the subjects that reference inside jokes or things the administration might not pick up on. "When things are not so overt, and there are inside jokes that are aimed at certain groups of people, that's really where the line is drawn," explains McCann. "It should be more like a satire," says McCann. "It should be done in a nice way, for example when you do imitations of people," he says. McCann expresses the opposition to Follies saying "A lot of adults have concerns about it. In some ways, it's considered sanctioned bullying."

However many of the students who had seen Follies in years prior are in support of the event. "I think Follies can be bullying, but I don't think it has to go in that direction," says ORHS junior Bryce Schultz. "I think if we keep it not so personal then it doesn't have to be bullying," he says. While Schultz is all for Follies, he shares the same opinion with many; "If it touches upon personal topics then it shouldn't be allowed," says Schultz. Schultz is one of many students who enjoyed Follies in years past, and is disappointed to have no Follies this spring.

While unfortunately Senior Follies will not be a part of this year's end of the year events, the cancellation had nothing to do with the concept of Follies, but rather the lack of preparation.

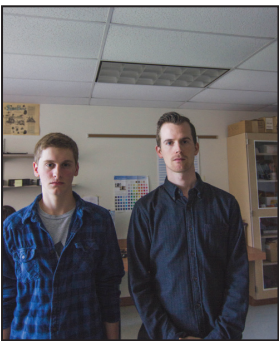


Billy Salmon (class of 2013) snorting a line of wasabi mustard in one of the videos from last year's Follies, image courtesy of Ian Avery-Leaf.

However, despite losing out on what is usually a large fundraiser for the senior class, Healy explains; "we're still going to do a senior trip, we still have money to pay for a tent."



# DOES OYSTER RIVER HAVE A DRUG PROBLEM?



Trevor Oakes & Matthew Segil  
Guest News

For many students, faculty, and parents in the Oyster River school district, it may be easy to brush off the notion that the high school could have a drug problem. After all, Durham, Lee, and Madbury aren't a part of a struggling community where drug addiction comes early

as an escape from the hardships of reality. So why even suggest a problem could exist?

If we compare Oyster River High School to a downtrodden inner-city school where hard drugs run rampant, well sure, ORHS looks squeaky clean. But can we just ignore all usage because it seems like less of a problem here? The reality is, it's all about perspective.

So are drugs and alcohol a problem in Oyster River? If so what types of drugs are popular, and what are their effects on the students? Do students need help, and is it available? How does our school match up to other schools in the area? Do we need to make a change, and if so how would we do it?

Well, for starters, we need nail down what exactly constitutes a 'problem'.

The issue with that is everyone has a different definition of what a problem actually is. High school administrator Mike McCann defines a drug problem as "multiple students in the building who are under the influence or bringing drugs into the school on a regular or semi-regular basis." He continues, saying "it constitutes a problem if there is potential risk for students. Drugs outside the school is a bigger, community-based problem, but it is still a problem for the school [as well]." To some students and adults casual drug use in a safe environment does not constitute a problem. To others any usage or possession of illicit materials shows that the issue has already gone too far. Sociology teach Brian Zottoli, who has taught at multiple other schools, shares his perspective, saying, "I think that ORHS does not have any more of a drug problem than other schools."

ORHS Principal Todd Allen says "It's an issue across America, and it is an issue here." Allen continues saying that Oyster River's rates of binge drinking and alcohol use are

higher here than in other parts of the state. This statement is backed up by data from the Youth Risk Behavior Survey (YRBS). This survey, an anonymous questionnaire taken by all high school students, is used for administrators to gauge the habits of students, with topics pertaining to drug usage, sexual activity, nutrition, bullying, depression, and safety. The YRBS is not always regarded as the most trustworthy source, as students are encouraged to answer truthfully though not required to, but it certainly has some merit.

For Allen the YRBS gives a rough approximation of the truth. He gives the rate of kids who claim to be using marijuana in comparison to those who claim to be using heroin as an example. In the 2013 survey where 22.6% of students claimed to have used marijuana one or more times in their life, only 1.2% claimed using heroin one or more times in their life. Even though the survey may not be entirely accurate it cer-

is a serious issue, but at OR, I've found that people are generally pretty smart about their use," says Glass. However, not all students share that perspective. Senior Miranda Miller shares her opinion saying, "I think that depending on the group of people you hang out with drugs are a problem at Oyster River."

Ask a few more Oyster River students and you'll hear similar responses like Miller's regarding marijuana and alcohol. "I don't think drugs are a huge problem at ORHS, but are definitely used regularly by a small amount of students. The drug that I tend to hear about the most is marijuana, which seems to be more widely accepted among other drugs," says Ben McDonald, a freshman. Olivia Svanholm agrees, citing the fact that a large amount of students will habitually smoke weed. "Marijuana is definitely a problem at Oyster River, however I don't really think it causes serious problems for stu-



Percentages from 2013's Youth Risk Behavior Survey of alcohol use at Oyster River.

tainly shows a solid comparison of the truth.

Marijuana and alcohol both represent the most commonly abused drugs at Oyster River, according to the YRBS. These drugs, while often regarded casually by many students as not harmful, may have unforeseen associations. "The people who are using casual drugs bring other drugs to the table," says Zottoli. According to Zottoli prescription drugs such as Adderall and pain killers are on the rise in youth abusers. "The only drugs that get any recognition here are first and foremost alcohol, followed by marijuana, and occasionally Adderall use as far as I can tell," junior James Glass adds.

Are drugs like marijuana and alcohol, that are often not treated as seriously as harder drugs, still a problem? "I hesitate to use the word 'problem'. To me, problem suggests that the issue is serious. Drug use

dents per say. For example one of my friends smokes literally every day and he's a little bit slow, but he has good grades and is active and happy.

If you're looking at drugs other than weed, alcohol is included and I would say that is a problem as well."

A clear trend starts to emerge with regards to drug usage of Oyster River students. Allen elaborates:

A clear trend starts to emerge with regards to drug usage of Oyster River students. Allen elaborates: "We have a very high performing community, but it has created an incredibly stressful environment. So binge drinking as a result is very popular here. Kids go 'well I want to do well on my (continued on next page)

*"We can all point to people who have been hurt by drug use. Is that enough to say that across the board drugs are causing harm at Oyster River? It's much more complicated than just yes or no."*  
-James Glass

Drugs, continued from page 5

math test, so I won't drink on a Tuesday', but maybe they're more inclined to go blow some steam off in a bad way on the weekend. That's why binge habits are a lot more prevalent here in our community." Binge drinking, defined as the rapid consumption of alcohol with the intent of intoxication, is a far more dangerous habit than social drinking. Any number of problems can originate from binge drinking, from the physical symptoms of dizziness and vomiting, to a lack of clear judgment, and possibly alcohol poisoning. Worst of all, however, it opens up the door for abuse later down the line.

So if we say that hypothetically drugs are a problem at Oyster River, are they causing serious harm? Between drunk driving and more serious drugs both Allen and Zottoli say yes. One of Allen's biggest concerns is students drunk driving. According to the YRBS at the time of the survey 51.6% of last year's of seniors "used alcohol one or more times in the past 30 days. Seeing as most teenagers have a designated time they need to be home on the weekends, going to a party where drinking is involved can create a dangerous brew. Thankfully our district has avoided accidents recently but around the country driving accidents are the number one cause of adolescent death.

"It's kind of a natural part of school," says Zottoli, referring to the fact that drugs and drug users have been present in high schools for generation. But why? Do students use drugs to be cool, to fit in, to escape, to experiment, or simply because they can? The reality is it's a factor of all of the above and it's almost impossible to nail down a single factor. As it is Glass is hesitant to say drugs and alcohol are a black and white issue. "We can all point to people who have been hurt by drug use. Is that enough to say that across the board drugs are causing harm at Oyster River? It's much more complicated than just yes or no."

When comparing the Oyster River School District to others across the state, and even across the country, it's easy to rationalize that OR doesn't have a problem because, (according to the YRBS) other districts are that

much worse. Again, it all goes back to what you define a problem as. But truly the only people capable of fairly comparing different schools are the ones who have actually been exposed to different areas. "Honestly, Oyster River is one of the schools I've felt most safe in," says Glass. "Sure, lots of people use

says Lanoue. According to the YRBS, 35.3% of last year's seniors had reportedly used marijuana one or more times in the past 30 days.

"Out in Colorado, everybody is just looking at the money," says Rob Quaglieri, referring to the recent legalization of marijuana.

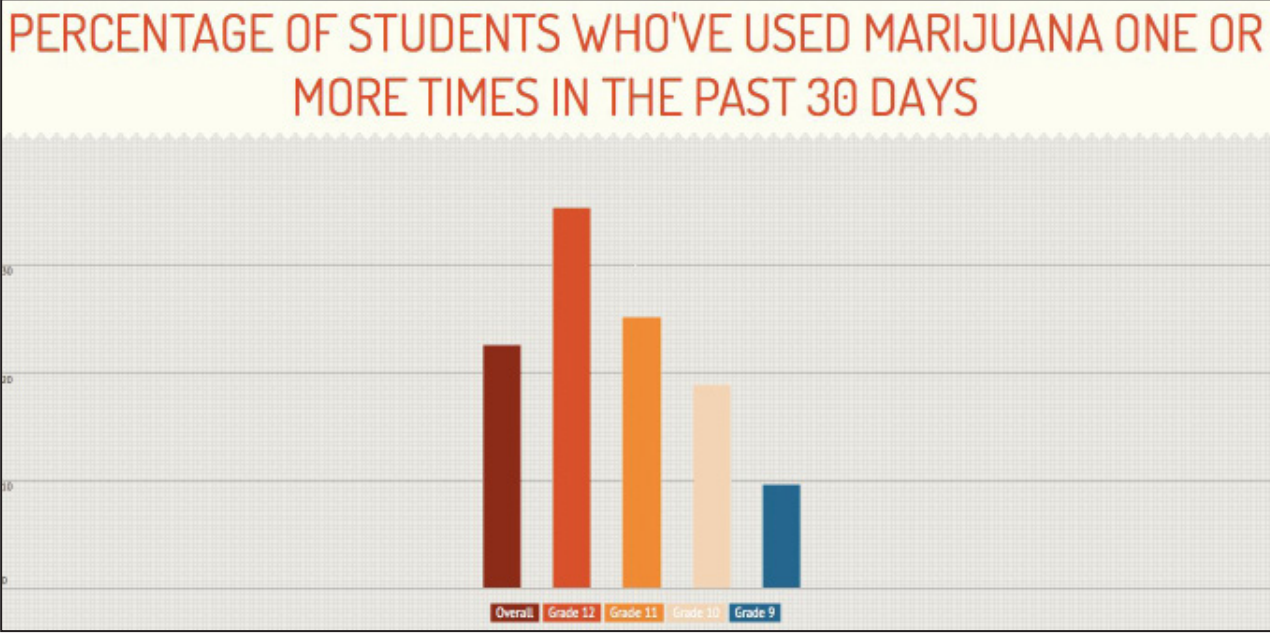
Quaglieri, a health teacher at Oyster River, deals with educating students on drugs and their effects. "All of my students in class are saying 'oh look at how much money, how much bank they're ranking in'. What's going to happen to their culture and state five years down the line? Nobody's looking at how it will affect people down the road." Quaglieri brings up the excel-

lent point about intoxicated drivers under the influence of marijuana. As of now, there is no way to quickly test for marijuana like a Breathalyzer. In January New Hampshire's state House passed a bill legalizing recreational marijuana (it has since been killed), the first legislative body in the nation to vote to legalize. Change may not be too far off.

When Chairman of the School Board Maria Barth said "I hear that OR has a rampant drug problem," it opened up a big can of worms. "Is there a problem at Oyster River?" says Quaglieri. "I would say probably not, at least in comparison to other schools. But ORHS has a unique factor that other schools in the state don't have. There's a place right next door to us that is known for partying - and I'm not talking about the middle school." UNH provides easy access to drugs of all sorts, and with so many Oyster River alumni attending, it can be incredibly simple for high school students to obtain anything they can pay for.

So how are drugs dealt with at Oyster River? The school is able to question and search anyone they suspect has drugs. After that, if they find anything, they can choose to deal with it "in house", or hand it over to the police, where a person may be charged with a felony or misdemeanor. The problem is, this doesn't regularly happen at Oyster River.

"We have considered bringing in dogs to search the lockers of students before," says Allen. "Parents, however, don't really want that." Bringing dogs into the school could be a quick way to sniff out all of the students' lockers, but there's clear potential for an expensive, frightening, and possibly ineffective search. "The puppies can't search people; they aren't allowed. I've talked to people in Rochester, and the students know when the dogs are coming. They'll just move



Percentages from 2013's Youth Risk Behavior Survey of marijuana use at Oyster River.

drugs here. But at OR, there seems to be very little pressure to do drugs. Everyone has adopted the mantra of 'to each their own'."

"This creates a safe environment where people feel comfortable with themselves and their mindset, and I can tell you that sentiment isn't found in many other places." Glass also notes that while the percentage of drug users may be high at Oyster River, the number of students who have taken hard drugs is relatively low in his opinion. This is backed up by the fact that only 2.8% of Oyster River students claimed to have used any form of cocaine at least once, 1.2 % claimed to have used heroin, and 2.5 % claimed to have used methamphetamines.

"Oyster Reefer" is a moniker that has stuck with ORHS for years and even now can't be shed. Teachers will tell you 15 years ago one couldn't

walk through the halls without smelling marijuana, and while that may not be the case anymore, pot still remains the drug of choice for many at the high school. While marijuana is now generally thought to be less harmful than alcohol by a growing number of medical professionals, it is still a drug. That being said, every day more and more potential medical benefits are revealed as alternatives to prescription drugs. Sophomore Kathryn Lanoue agrees that marijuana usage is higher amongst Oyster River students than other schools. "Some people seem to keep their drug use under control, but it also seems like many of the people that do drugs have become less attentive in school and no longer care about things like school and sports, so yes it's causing harm,"

*"Out in Colorado, everybody is just looking at the money... What's going to happen to their culture and state five years down the line? Nobody's looking at how it will affect people down the road."*  
-Rob Quaglieri



their stuff out of their lockers, and then after the search right back in," says Quaglieri.

Allen has found another obstacle in his way for bringing in dogs. Many parents of the Oyster River community don't actually want their kids to be caught with drugs. "The community sometimes turns a blind eye to the problem," says Quaglieri. Allen believes that the searches establish a "baseline" for the school. "I can't just assume that because I'm the principal the community wants what I want," says Allen. "Parents don't want their kids to get caught with drugs, so it creates a lot of problems. Everyone wants their kids to go to a good college, have a good career, so they don't want any slip ups."

At least we can take some comfort knowing that the general student body, and teachers who've taught at other schools like Zottoli, believe that Oyster River's problem is either equal or less than other schools in New Hampshire. "I think in comparison to some of the larger schools in our area, Oyster River's issue with drugs doesn't seem as concerning. I'm honestly not sure how the situation could be improved, but I don't know if the school's first priority should be fixing the drug problem," says McDonald. It's hard to measure whether or not a school has a drug problem. By McCann's definition it would seem that there is a problem,

but many of the students view the 'problem' extremely casually. So many factors contribute to whether an individual or a school has the problem. Looking at Oyster River and comparing our school to bigger schools you will notice that we don't have to deal with a lot of the highly addictive drugs that float around there. Cocaine and heroin are not drugs being toted around. To some in the community, knowing that Oyster River doesn't face these issues may be enough to appease them. But it doesn't appease everyone.

Allen believes there is no single solution to solving a potential problem, he doesn't "want to waste time and energy if there is a permissive attitude [in the community]". A permissive attitude with drugs opens the door for more use throughout the community, as the youth may feel there are no consequences. Quaglieri says, "I don't know if parents can fully understand how the brain is going through developmental behavior changes. The body hates change. And because of that, they may be more apt to participate in risky behaviors."

For students who feel they do need help there are resources available. The counseling office offers a supportive environment to talk safely about problems and issues involving drugs and alcohol. An even more appropriate option is working with Robert

Lang, Oyster River's drug and alcohol counselor. Lang is available on Thursdays and Fridays to help students that are struggling with abuse. To get in touch with Mr. Lang talk with your school counselor. Identifying you have a problem and working to solve your issue is the best method to handle a struggle with drugs and alcohol.

Above all else, education can help adolescents learn about the realities of specific drugs. Obviously, this means a fully, unbiased education without scare tactics or unsourced information. Glass remains skeptical of change in Oyster River's policy towards drugs, but confident that it can do more to educate its students. "I'm not sure you could change much even if you wanted to. I would say the only thing we can do, as a school and as a community, is to educate. When I say educate, I don't mean telling kids that 'drugs are bad' and then listing why drugs can harm you. I mean really educate kids, looking at pros and cons, risks and rewards, economic issues, social issues, stigmas, safety. We need to approach the issue from all sides while fostering a safe and open discussion. Drugs are complicated, and we need to treat the issue of teenage drug use as a multi-faceted topic. There is no one answer; all we can do is hope that people make the best decisions for themselves, and equip them with the knowledge to make those decisions. But people won't listen until you include them in the discussion, and that's a lesson that we all need to learn before we can move forward."

*"Parents don't want their kids to get caught with drugs, so it creates a lot of problems. Everyone wants their kids to go to a good college, have a good career, so they don't want any slip ups."*

*-Todd Allen*

# COLLEGE APPLICATION BOOTCAMP

## Get a Headstart on Your Future!



**Gabi Meyerson**  
*Guest News Writer*

It used to be that the counseling department talked to juniors in class about the college application process. Naviance, the Common App, and essays are a big part of applying to college. These tasks are constantly on the minds of high schoolers. The summer before your senior year, you're thinking about getting a job, hanging out with friends, and applying to college. College visits and writing essays can be stressful, but the counseling department is here to help. On August 10th and 11th, the Oyster River Counseling department is holding a College Application Bootcamp.

"We're trying to get kids introduced into Naviance, refresh them with what it is, or just start from the beginning," says head of counseling Heather Machanoff. The meetings during school in class barely scrape the surface of the college application process. "This is a bigger look into the process, we'll

help new seniors log into Naviance, fill out applications, including the common app, and get essays started," explains Machanoff.

A day or two in the summer isn't a lot compared to the entirety of your senior year. "I think that overall it's a good idea, but taking time out of my summer just seems like something I don't want to do," says junior Alana Saravong. As a whole, the application process of filling out forms online and writing essays takes about 3-4 months. Getting a head start in the summer would alleviate some of that stress, which is what the counseling department is trying to do. "Deadlines can give people anxiety," explains counseling secretary Sandy Osterloh. "That's why it's a good thing to start early," she adds.

"It got pretty confusing," says senior Maggie McNamara. "I wish there was something like this when I was applying, it would've made everything less stressful



*Counselors Kim Cassamas, Heather Machanoff, and Kim Sekera discuss details for the College App Bootcamp.*

and easy to navigate." Some seniors would disagree that it's a waste of time.

"I think its a really great opportunity for upcoming seniors to get the big stuff done," says senior Hayley Poff. With the process taking months, an early start, or a deadline to get everything done by christmas is a good plan.

The Bootcamp would have two sessions, either Monday, August 11th, or Tuesday, August 12th. Talk to your counselor for more info. Space is limited, so sign up as soon as you can!





# A TEACHING CAREER COMING TO A CLOSE

## A Bittersweet Farewell from Lou Mroz



Sam Colby  
Guest Features  
Writer

ries surrounding Mr. Mroz. Many recognize his distinguishable mannerisms, interesting use of speech, and intriguing background. Unfortunately, this year was the last opportunity for students to have him as a teacher. Lou Mroz, ORHS social studies teacher, has finally finished his long career of enriching lives through teaching. Somewhere in the endless flow of random class discussion, I learned a great deal from Mr. Mroz. Whether it's how to travel Europe inexpensively, which borough has the best pizza, the tales of his hitchhike adventures, or how Abe Lincoln kept the union together, I always took something away from conversations with Mroz, that meant something greater than simply that day's curriculum per-se.

As word of his retirement spread quickly throughout the student body, there was much confusion amidst the sadness. Many wondered what prompted this seemingly

The thick New York accent, 60's rock music, and constantly interesting conversation coming from the third floor is undoubtedly the ambiance from Lou Mroz's teaching. After a class of his, or simply a visit into his classroom, it's impossible to not be intrigued by the apparent plethora of stories

surrounding Mr. Mroz. Many recognize his distinguishable mannerisms, interesting use of speech, and intriguing background. Unfortunately, this year was the last opportunity for students to have him as a teacher. Lou Mroz, ORHS social studies teacher, has finally finished his long career of enriching lives through teaching. Somewhere in the endless flow of random class discussion, I learned a great deal from Mr. Mroz. Whether it's how to travel Europe inexpensively, which borough has the best pizza, the tales of his hitchhike adventures, or how Abe Lincoln kept the union together, I always took something away from conversations with Mroz, that meant something greater than simply that day's curriculum per-se.

*"I've spent 41 years of my life as a teacher, this is who I am, this is who I am,"*

-Lou Mroz

portunity to impact lives, the thought that I won't be doing that is daunting," says Mroz.

A long and thoroughly interesting conversation with Mroz yielded the almost complete tale of his career in education. Mroz grew up in New York City, and spent his

wasn't thinking of retiring until then, but when I looked at the figures, I realized it's probably a wise choice," explains Mroz. The choice to retire was undoubtedly a reluctant one, which becomes apparent as Mroz stated: "This is the most difficult decision I've ever had to make in my life". He adds "I've spent 41 years of my life as a teacher, this is who I am, this is who I am."

I'm sure many students, including myself, can attest to the quality of time spent in Mroz's classes. Mroz's recollection of his time at ORHS is nothing short of inspirational.

"I had the opportunity to impact lives, the thought that I won't be doing that is daunting," says Mroz.

*"This is the most difficult decision I've ever had to make in my life,"*

-Lou Mroz

his wife moved to New Hampshire, and he originally taught at Spaulding for two years. He then moved his career to Oyster River in 1980, where he has been for the past 34 years. "Just having so many students over the years say 'you made an impact on my life,' it means a lot to me," says Mroz, reflecting upon his teaching career.

The impact Mroz has made on countless lives over the years is something that will live on at ORHS. "I just like the intellectual stimulation of the classroom," says Mroz. For 15 years, Mroz led the Focus program at ORHS, which was a counseling class for a group of "disaffected students".

Mroz elaborated on his time spent with the focus classes, saying: "I had the opportunity to help these individuals regain control of their lives". The stories from the focus classes are certainly intriguing. Mroz recalls one hiking trip with his Focus class, in which a couple of girls began to freak out mid way through the hike. "Using a lot of psychology, I got them to the top of the mountain," states Mroz. Among the many hiking and camping trips, Mroz recalls one student lending him a sleeping bag, the same student who wrote "f--- you Lou" on the inside of a textbook the previous year. Mroz's pride in aiding these students in take control of their lives is apparent, and most definitely a quality to admire. One story from focus involved a student pulling out a hunting knife with the intent to kill another student in the school. "But what I was able to do, what I was able to do without using any force, I was able to get the him to give me the knife," explains Mroz, miraculously. "When you have a situation like that, you don't learn how to do it when you're studying to be a teacher," says Mroz.



Lou Mroz sitting down in his usual chair.



The wall of photos, many of which are from Focus.

sudden retirement choice. I sat down with Mroz in his classroom, at the end of the day to discuss the entire situation. After being offered a buyout from the school, Mroz decided it might be time to retire. "I really

early years between Brooklyn and Queens. He began teaching at the age of 22 in Queens. He then moved to Arizona with his wife and taught on a Navajo reservation for three years. Following Arizona, Mroz and





If you see Mroz talking with another teacher, nine times out of ten it's his close friend and colleague, Martin Brewer. Brewer remembers the first time he met Mroz, during his first year teaching at ORHS, in 1996. "I remember he went out of his way to introduce himself, and he introduced his wife,"

Mroz's teaching legacy extends back many years. Troy Fogg, former ORHS student (class of 87) recalls Mroz's earlier teaching years. "Mr. Mroz had a thick Brooklyn accent, and long hair," says Fogg. "He was kind and down to earth, he was something different, he was a new generation of teach-

times before I turn 65. I have 70 [hikes] just in my 60's," explains Mroz. He also hopes to see his grandson in Portland, Maine more often, travel more, read more, and spend time in the outdoors. While I speak for many students when I say I am very sad I will not be able to take another class of Mroz's, it's great to see someone so content at this point in their career, and with so much planned for the future. I speak for a tremendous number of people when I say this, but I wish Lou Mroz the best of luck in future ventures and feel extremely fortunate to have had a teacher like Mroz who has made such a significant impact on my outlook towards life.



Mr. Mroz and his highly decorated classroom

explains Brewer, recalling Mroz's outgoing personality, that was as prevalent in '96 as it is today. "He's very outgoing, he wants to know people, he's very good that way," says Brewer. Over the 18 years that Brewer and Mroz have known each other, their friendship and colleague relationship has grown. "I would consider him a good friend, that has evolved over the years," explains Brewer. He adds "I've been greatly impressed by his intellect, I think the main thing that connects us is reading". Brewer recalls seeing a Crosby, Stills, Nash and Young concert with Mroz years and years ago, which as he puts it, "solidified our friendship" despite their age gap. "The bond is one out of respect as well, we come from an era where you really had to hold students' feet to the fire, to make sure students got their work in. I think philosophically we both had a lot in common," says Brewer, elaborating on the similarities between himself and Mroz. "When he's talking about history, certainly something about the 1960's, I think students would respect him because he's the voice of authenticity, he's done it, he's been there," explains Brewer.

What many students might not know, is that Mroz was a strong figure in the teacher's union, and this is something Brewer respects highly. "He was a teenager in the 1960's, it was a time of civil rights," says Brewer. "Sometimes he can be a confrontational character, but that's just because he cares passionately about what he believes in, he wants to provoke discussion, he wants to provoke ideas," explains Brewer, paying homage to Mroz's intellectually stimulating personality. "There will be somebody else up in that room, but he truly is irreplaceable," says Brewer with parting words.

ers," explains Fogg, paying homage to Mroz's focused and stimulating teaching style. As it seems, not much has changed in terms of Mr. Mroz's mannerisms. "He always had a story or something to share," says Fogg.

Today, Mroz is recognized for the same characteristics. "Mroz is definitely one of a kind," says ORHS senior Amanda Souvannaseng, recalling her positive experiences from Mr. Mroz's US History 1 and 2 classes. "He showed he really cared about me as a person and was easily approachable whenever I just needed to talk to him," says Souvannaseng. Souvannaseng reflects upon what she has taken away from two of Mr. Mroz's classes: "I started appreciating everything around me. I had moments of clarity that I am living in history right now."

Former ORHS student Peter Dube (class of 2013) appreciated Mroz's broad life experience. "It was extremely valuable having someone with a personal experience of the 60's teaching kids about the time period," explains Dube. "He also questions everything you have to say, and that is extremely valuable today," Dube adds. Mroz' challenging mindset is one that provokes discussion and intellectual reasoning, no matter what the topic is.

While we can certainly appreciate all that Mroz has left during his time at ORHS, we still wonder what will Mroz do after he is no longer at ORHS? Well one thing is; write. "I've always said that I wanted to write a book," says Mroz. "To be able to put into words what I've done 41 years as a teacher is one of the things I want to do," he says. In addition to writing a book, Mroz plans to stay as active as possible. "I will be 64 July 29th, a goal of mine is to hike Chocorua 100

Four Life Lessons From Lou Mroz:

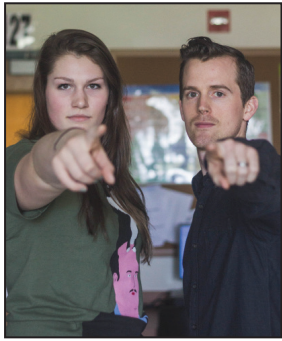
1. The greatest gift that we are given is life, no one knows for sure if there's an after life. One thing I know for sure, I know what sorrow is and I know what happiness is, we have the power, we have the power to be happy.
2. Find your passion, find what you enjoy doing and go for it.
3. Take care of your body.
4. There are a lot of things I'm proud of. The main thing I'm proud of, this June 4th my wife and I are going to be celebrating 42 years in marriage. Bottomline is, we love each other more than we ever did. What's more important than having a long term loving relationship with another human being? If you're lucky enough to find someone to share the madness with, it's a pretty good place to be in.





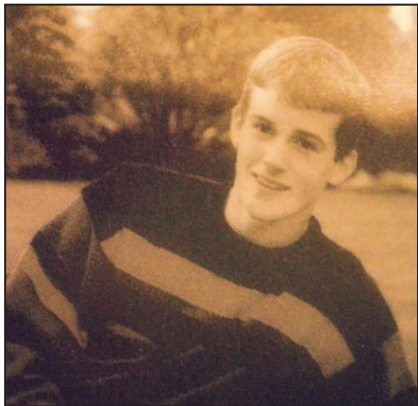
# WWSKD

## What Would Shawn Kelly Do?



**Brenna Walczak**  
Guest Features  
Writer

How well do you think you know Oyster River High School's beloved English teacher Mr. Kelly? In this choose your own adventure-esque article you will be given six scenarios where you get to pick what you think Shawn Kelly would do. After, check your answers and see what your fellow students thought the answer was. Good Luck!



Senior Portrait (Photo Credit: Shawn Kelly)

### Adventure One

After months of searching you've finally found it, a new home that you could call your own. It's not too much of a fixer upper but there are enough things to fix or change that you can really call it your own. Your wife says that it is a perfect house for more pets. Currently you live with two cats, Munin and Orange. While wanting to be respectful to your pre-existing animal friends, you try to think of the best new animal additions to your family. After unpacking all of the boxes and finally feeling settled in, you both head to the pet store. Now it's up to you, what would Shawn Kelly (and the Wifey) do?

- A. Corgi
- B. Toucan
- C. Bat
- D. Baby Homosapean

### Adventure Two

It is 2002: your senior year of high school. You have gone through many phases in the span of your four years at Merimack High School, but your classmates always seem to remember you for the oddest reasons. For instance, you were a competitive gymnast in the 7th grade. You liked to hang out with a group

of kids who would dumpster dive for clothes and trinkets because they didn't like 'the sys-

tem' or paying for stuff. You were also in a basement band with a few of your buddies where you rocked out on the bass. You were (and still are even while nursing an injury) a rad skateboarder. You are about to open your yearbook to see which superlative you won, which would Shawn Kelly win?

- A. Most likely to be in Vogue
- B. Most Unique Person
- C. Class Clown
- D. Mr. High Maintenance

### Adventure Three

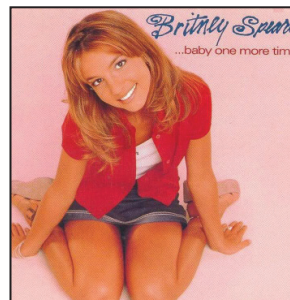
You are planning a get together with some of your old friends, you expect 15-20 people to be there, and you've been working all week to get the house clean and up



to par for company. You and your wife have prepared all different types of snacks like scones, tea and other hipster-esque kale based finger foods. You have vacuumed the floors, dedicated an unused bedroom for coats, cleaned the bathrooms and replenished all of the toilet paper. Oh, but you almost forgot! What type of music do you want to play? Obviously you want to play it cool, so you should keep it up beat and somewhat dancey, but also something that says, "I'm not surprised you haven't heard this record before". You look through your collection of vinyl records for the right jams. Now it's up to you, what would Shawn Kelly do?

- a) Buddy Holly's *That'll Be the Day* (1958)
- b) Britney Spears's *...Baby One More Time* (1999)
- c) Beach House *Teen Dream* (2010)
- d) Ratatat *Classics* (2006)

Album Covers for  
albums by Britney  
Spears and Ratatat.



### Adventure Four

After a long day of work you decide you want to treat your wife and yourself to a nice dinner. You decide you want to surprise her and make an event out of it. You have such busy schedules you haven't been able to have a

date night in ages. After many moments of pondering you come up with four different places you could go and eat. Now it's up to



The young skaterat, Shawn Kelly  
(Photo Credit: Shawn Kelly)

you, what would Shawn Kelly do?

- a) Pick up some Dos Amigos and set up a picnic at Prescott Park.
- b) Wait until the morning and head to the Big Bean for an enjoyable breakfast in the sun on the sidewalk.
- c) Hop into the kitchen at Popovers and make a four course meal to be served on a boat docked in the harbor.
- d) Grab some hotdogs and cheese fries from Gilley's and eat them while watching the sunset from the parking garage.



The Big Bean

### Adventure Five

As you push your cart towards the checkout you wait in the long line of people impatiently waiting to purchase their things from Target and head home. You count to see how many people are in each line, it looks like the longest line you will have to endure is four people. After about five minutes in line you hear a familiar voice approaching you. As you turn your head you realize that it is one of your students looking to say hello. Now it's all up to you what would Shawn Kelly do?

- a) Look at what's in their cart an awkwardly try to crack a joke and make a pun to hide your out of school setting discomfort.
- b) Casually talk to them and ask how their weekend is going and see what their plans for the summer are.
- c) Realize that you "forgot" something and book it to the back of the store to "grab it before you forget."
- d) Give them a sup nod and then pretend they aren't standing behind you as you rush through the checkout process and try to make small talk with the cashier you don't know.

### Adventure Six

After years of working at ORHS you start to reminisce on your teen and your adult years. You had so many adventures and lived in so many different places. You start to wonder how your life would be different if you had never taken the full time position at Oyster River.



You remember all of your hopes and dreams that got temporarily postponed by Durham, NH. When you get home you see a letter from your dream place of work asking you to come in for an interview. Immediately you respond, now it's up to you, what is Shawn Kelly's dream job?

- a) NASA's first man on mars.
- b) Just kidding working at ORHS is your dream job!
- c) A famous headlining top fold Journalist.
- d) Play in a world wide famous yet seemingly underground punk band.

Fantasy Adventure

After weeks of pulling at your medieval handcuffs you finally set your hands free from the metal clasp taking you captive in the dark dungeon. Throughout your Scottish voyage to find the Mirror of Erised this is the biggest hole you have dug yourself into yet. After being taken captive by the unjust king Garmin of the Game Club Viking clan, you were thrown into a pit of despair and treachery. You are weak and fading as you turn another corner of the dungeon's seamlessly endless labyrinth. You hear a new sort of rustling. Not the constant rustling of a bat getting a head rush or a rat searching for a snack you have unwillingly become accustomed to, but the rustle of an animal you had previously only believed to be fictional. You try to peak around the corner to get a good glimpse of the gargantuan Hydra blocking the next passage to the outside world without it seeing you there. You have a few choices, make a home here in the dungeon; living without sunlight can't be too difficult right? You could try and sneak past the Hydra, but you're a realist and you know that with all of those eyes one head is bound to spot you. Or you could fight! As you look around you spot four different weapons, the choice is up to you. What would Shawn Kelly do?

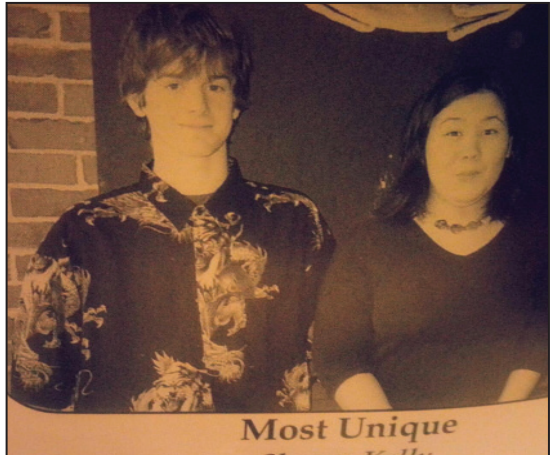
- a) Falchion Sword
- b) Battle Axe
- c) Morning Star
- d) Broad Sword



Shawn Kelly fighting a hydra (Masterpiece By: Connor Fitzhenry, John Dana, Austin Hanson and Sean Coit)

Make sure you stop in and ask Mr. Kelly how he managed to escaped the many headed hydra and tell the tale!  
Now that you've made your guesses, see what Mr. Kelly and his students have to say...

Adventure One



Shawn Kelly winning Most Unique in 2002 (Photo Credit: Shawn Kelly)

**Student Answers:** Junior Aidan Short thought that he would choose B, "because toucans are awesome and he seems like he'd be the type of person to get a cool tropical pet just to be different." Senior Leah Goelzer chose A because "he has two cats and corgis are like cats based on my experiences. My dog is a corgi and all he does is lie around in the sun and roll in the dirt and begs for food. So based on that I think it would be better for him because it would fit in with his cats."

**Answer:** Mr. Kelly chose C because his "wife wants to get a bat house, she put up bat decorations for Halloween and now there just there, they are permanent decorations now. She thinks bats are really cute."

Adventure Two

**Student Answers:** Aidan Short chose A because, "he's got so much swag." Junior Abby Donovan chose C because "he seems like the type of person who was more focused on having fun then how he looked." Contrary to that, Leah Goelzer chose D because "that hair is fabulous."

**Answer:** Mr. Kelly chose B "I actually

did win a superlative, it was most unique which is the nice way of saying 'weirdest person'. Like what does that mean most unique? I think it means like they're pretty different and their doing their own thing and we don't know what that is."

Adventure Three

**Student Answers:** Leah Goelzer chose A because, "Buddy Holly rocked those hipster glasses before they were popular, and Buddy Holly is the bomb." Senior Amanda Martin chose B "It's not really 'hipster' but he's got to switch it up!" Abby Donovan said C because, "Britney Spears is way too top 40s, beach house is more alternative and original."

**Answer:** Mr. Kelly chose D, but also added C because he would definitely play more than one record.

Adventure Four

**Student Answers:** Abby Donovan chose A, "because it's much more romantic to have a picnic in a park than a parking garage." Senior Isabelle Beagen chose B, "especially since he lives right next to the Big Bean, I feel like the Big Bean is just Mr. Kelly's kind of scene, everything else is just kind of mainstream." Aidan Short chose D because apparently he thinks that, "Gilley's is way better than Dos."

**Answer:** Mr. Kelly chose C "because I like to cook but my wife is usually the one who does. Also, I don't think I could afford to rent a boat let alone a place to dock it."

Adventure Five

**Student Answers:** Isabelle Beagen chose A because, "I feel like he's not the running away type." Senior, Kelly Davis chose C because "Mr. Kelly is an awkward dude sometimes and he would probably avoid seeing his students' in public."

**Answer:** "I think that by the end of the school day, I'm much more natural with social interaction because I've been interacting with people all day. And then other times, first time in the morning I feel like I'm most on it but other people are usually out of it," said Mr. Kelly. "I'm genuinely interested in all of my students and I want to know what they're doing so I would be a combination of A and B. I would start with a bad pun see how that goes and then if they seem really uncomfortable and they don't want to be around me then I would leave it at that, if not then I would talk to them about what they're doing because I do care."

Adventure Six

**Student Answers:** Aidan Short chose B because, "how could it NOT be his dream job?" Joycelyn Loughlin also chose B because, "he's got so much praise from our school and always has a smile on his face. It seems like he thoroughly enjoys his job just by the way he teaches so I would hope it's his dream job!" Isabelle Beagen chose C, "because I feel like he likes teaching, but being a top fold journalist would be super BA, and you can quote me on that. Super BA."

**Answer:** "The more I thought about it," says Mr. Kelly. "I would be a touring musician."



# TO INFINITY AND BEYOND

## How ORHS Benefits Life After High School



**Alyssa Bangrazi**  
Features Editor

Oyster River stand out from the statistics?

Being a senior who is only days away from graduating, I can't help but be curious about how Oyster River has helped to prepare me for future challenges I am destined to face. After speaking with numerous OR alumni and staff, I learned some of the many reasons to be appreciative of being a part of this unique and fortunate school district.

"Oyster River really pushed students to succeed academically," said Jen Ransom, an OR alum currently attending the University of New Hampshire. "I feel like I can handle my work load even though it's a lot at times," she continued. Ransom reflected on the overall benefits the school district provided for her and her peers, saying "they taught us the importance of balancing your work load, by giving us a heavier workload. They also taught us the importance of getting a college education, allowing us more opportunities when we're older and gave us the tools we needed to get to that point."

Kim Cassamas, a counselor at Oyster River, shared what she thought to be some of the benefits ORHS provides, saying, "Oyster River does a good job of providing a variety of classroom environments in terms of getting kids ready to work under different conditions, whether it be project based, assessment based, [or] class discussion." Cassamas mentioned that these are all ways that students are assessed in college, and that Oyster River does a good job teaching kids how to prepare for all of these situations.

This is compared to other schools who have one way of assessing, causing students to struggle when being asked to be assessed in a way they are not used to. "I believe that this is very true. Some teachers like students to work in groups which facilitates how life is in the real world; you're always having to work with people," shared ORHS class of 2013 alum, Patrick O'Brien. "Working in groups is important because it teaches leadership, shows responsibility, and enables students to make compromises.

Other teachers at ORHS have [also] been known to work on a lot of visual projects. This is im-

portant because it showcases each student's individualism, creativeness, willingness to think outside of the box and even their ability to create presentable information," O'Brien continued.

Not only does the Oyster River School District focus on the success of students' academics, but alum Pranav Nanda noted that Oyster River really helped build students' characters saying, "during my time at ORHS I learned how to be a leader, to be a good friend, to stand up for what I believe in, and many more character traits which made the transition [from high school to college] a lot easier for me."

Cassamas later reflected on Nanda's comment saying that our school district does a good job of teaching kids how to communicate to others, encourage kids to branch out, "and be able to know your strengths and weaknesses, and be able to articulate that when talking to a teacher."

When visiting colleges this past year, I noticed one recurring tip that was mentioned at each and every school: *get to know your teachers and go in for extra help*. This will help you an incredible amount during college, because it shows the professor that you care about your work studies. I personally think that Oyster River does a very good job teaching students to seek help when necessary, and also teaches kids to feel free to ask questions.

"The biggest thing ORHS taught me is how to develop close relationships with adults, specifically professors," said Nanda. "In college it is very important to have a relationship with a professor, ask questions, not feel awkward going to office hours. And that is something ORHS prepares you for, because of the close connection students often form with teachers," he continued. Cassamas stated one of Oyster River's numerous reasons of having office hours, saying that it is, "a way to kind of help prepare students, because in order to touch base with your professor at the college level you have to utilize office hours. Working it into our schedule here is just another way to help prepare students for that change."

Oyster River has not only benefited those who decided to continue on their education in college, but also has also helped develop skills for those beginning a career right after high school. ORHS alum, Peter Dube shared that, "Oyster River gave me very little in the way of academic development, with the rare exception of a few social studies and

English teachers. Much of my high school experience was being scolded for not doing homework. The art department however, I believe, is the saving grace of Oyster River High School. They allowed me to develop a basic skill and much more importantly, a passion for ceramics."

Dube graduated in the class of 2013, and began work selling art. "Through [Kim Sekera] I was connected to my current employer, Rob Rossel, who has given me direction and an idea of the business of selling art," Dube said.

Dube continued to state that, "As far as Kim and the art department go, I couldn't imagine a better group of people to help transition me into professional life. The academic aspect always left me stifled and disinterested; I have always loved learning but the school environment is directly opposed to how I learn." Although Oyster River did not benefit Dube as much academically as it did other ORHS students, this school district was still able to benefit him in a way that many other schools cannot benefit their students.

Overall, when talking to the staff and alums of Oyster River, I learned that it offers so much more to me than I could have ever imagined. These skills are often underappreciated and ignored, and I believe it is simply because they have been drilled into us ever since we became a part of the school district. By seeing what staff and past students have said about Oyster River, it reminds me of how great our school is, and how much it prepares us for our futures-- whether we go to college or not. So take a step back from all of the stresses you have with school, and take a moment to appreciate what Oyster River has to offer.



Oyster River High School.

### Top 5 Things to Appreciate About Oyster River High School

1. ORHS's academic push.
2. ORHS's provision of different classroom environments.
3. Character building traits ORHS teaches students.
4. Student-Teacher relationship development.
5. ORHS helps transition students into their professional life after high school.



# ALBUM REVIEWS

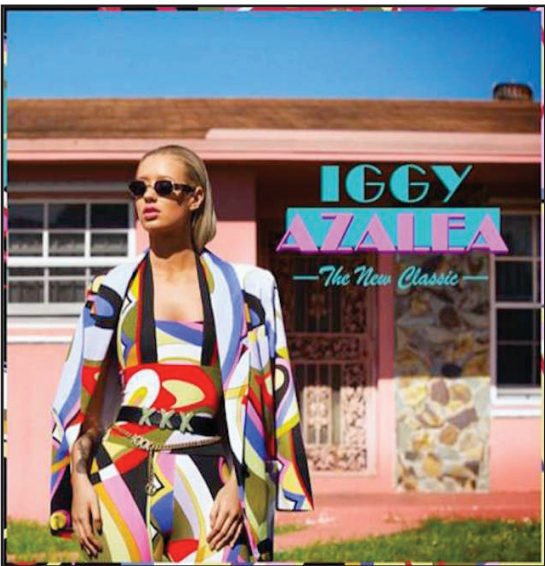
## Summer Music



Gabi Meyerson  
Features Writer

### Iggy Azalea - The New Classic - Island

Amethyst Amelia Kelly was born in Sydney, Australia to an artist and a housekeeper. After moving to Miami in 2010, she was signed briefly to Interscope records, and assumed the stage name, Iggy Azalea. Iggy, coming from her childhood pet, and Azalea, the street she grew up on. After releasing YouTube videos of her raps, her career flourished after the release of her official music video, "Pu\$\$y," which was released on her YouTube channel. Coming back into the music scene years later, *The New Classic* was released on April 21st 2014, debuting number three on the Billboard 200 chart. *The New Classic* turns out songs that tell her underdog story, most prevalent in "Work" and "Don't Need Y'all." The single "Fancy" features Charli XCX, most known for writing/singing on Icona Pop's "I Love It." Fancy is about "bringing '88 back," and being, "the realest." Artists like; T.I., Charli XCX, Rita Ora, and Mavado, make an appearance on this album. "I'm really glad to see a different female rap artist in the scene," says sophomore Lucy Eiseman. "A different female rapper besides Nicki Minaj."



### The Black Keys - Turn Blue - Nonesuch

After Dan Auerbach and Patrick Carney first came into the music scene in 2001, they signed to Alive records. *The Big Come Up* was released in 2002. It was followed by *Rubber Factory* (2004), *Magic Potion* (2006), *Attack & Release* (2008), *Brothers* (2010), *El Camino* (2011), and *Turn Blue*, which came out May 12th 2014. *Turn Blue* is the eighth studio album released by The Black Keys. *Turn Blue* stems from the divorces of both Auerbach and Carney. "We were this-is-your-brain-on-drugs fried," Auerbach said of the band's pre-album mindset in a recent interview with Rolling Stone. "This is close to their best...maybe" says senior Adam Jeffery. The Black Keys have announced a world tour along with their album, including Boston on September 21st.

### Mac DeMarco - Salad Days - Captured Tacks

McBriare Samuel Lanyon DeMarco, born Vernor Winfield McBriare Smith IV, better known to fans as Mac Demarco, was born in British Columbia, Canada in 1990. Starting out in construction, and under the stage name Makeout Videotape, DeMarco self-produced *Heat Wave!*, *Eating Like A Kid*, *Ying Yang*, and *Bossa Ye Ye*. After signing to Captured Tracks in 2012, DeMarco released a ten track album, *Rock and Roll Nightclub*, which was slowed down tracks he previously mixed, also including skits. *Salad Days*, is the second full length studio from DeMarco, released by Captured Tracks on April 1st 2014. The term "Salad Days," was coined by Julius Caesar to explain a feeling of being youthful and carefree, which is the feeling on this album. A summery feel is apparent throughout all the tracks, and the song "Passing Out the Pieces" brings new meaning to a break up song. "Can't shake concern// seems that every time that I turn// I'm passing out pieces of me// don't you know nothing comes free?" DeMarco brings an easy-going feeling to *Salad Days* making you feel what he's feeling, without bringing your day down.



**Bandsintown:** An app that lets you know when your favorite artists are in town. After the concert it gives you a chance to review the show.  
**Free for iPhones and Android.**



**Ticketmaster:** Much like Bandsintown, this app lets you know when your favorite artists in town, but takes the artists from your music library. This app also allows you to purchase tickets.  
**Free in the app store.**

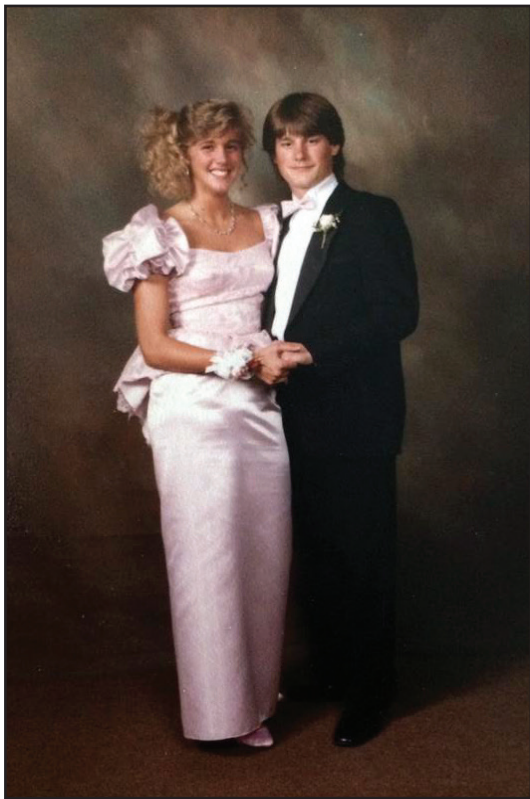


# PROM THROWBACK

## Teachers at Oyster River Talk About Their Proms



*Gabi Meyerson  
Features Writer*



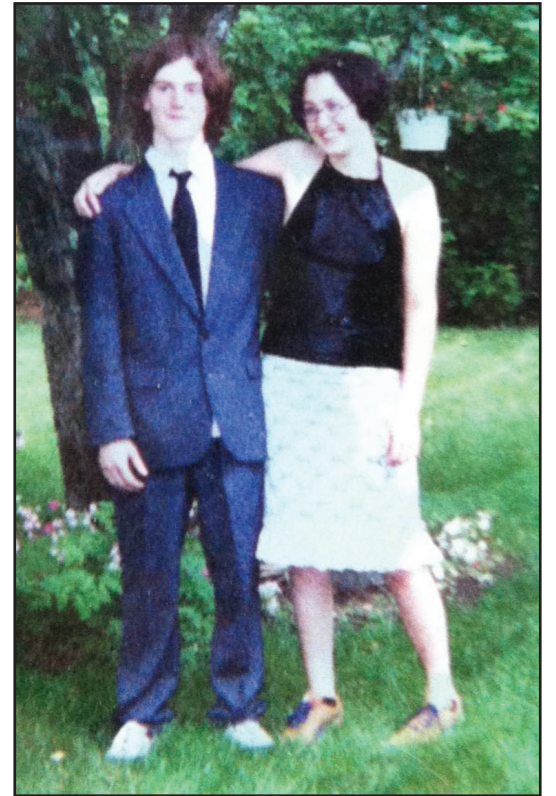
*Economics teacher Heather Healy at her junior prom.*



*Counseling director Heather Machanoff at her prom with a pearl choker necklace.*



*Math teacher Andrea Drake poses with Justin Timberlake at her senior prom.*



*English teacher Shawn Kelly at his senior-prom.*

"I got my shoes from Payless; I got them dyed to match my dress." Counselor Kim Sekera wore a sequin dress with white pantyhose. "It's so crazy to look back and see what I wore, too bad you can't see my shoes in the picture, it really completes the outfit."



*Kim Sekera in her sequin dress. (White nylons and heels not shown).*



# MUSIC IN THE SCHOOL

## Students Strummin Instead of Bummin'



There are several people whose hidden talents are not able to be established at our school. Certain students in sports, in school musical etc, are able to express and show off their talents at ORHS. What is there for some of the other talent in this school, which has been masked by other events at the school. A lot of sports events are more popular than certain musical one because there is a larger majority of the school that participates in these activities. This is the case at our school, because we supply an excellent sports program.

However there is a music scene outside of Oyster River with certain kids that no one would ever know about. With the exception of the coffee house that occurs maybe 4 or 5 times a year, music isn't really portrayed too much at our school.

"It's just kind of a real disappointment to see some of this amazing talent not get recognized by others at the school and the surrounding community" says Graham Peterson, a class of 2013 alumni that has been playing guitar in different bands for his entire high school career. Just like him, there

*"There are so many people all throughout this high school that put just as much, if not more time into activities other than sports."*  
-Graham Peterson

so many kids in the school today that do have bands, but have decided to take their talent to other venues and directions where they are given more opportunities.

The Coffee house was especially surprised by the band "Dave", who shocked everyone at the coffee houses. This band consists Oyster River Juniors Riley Webb Peter Dubious, and two students from the CATA school located in the Dover NH. "My jaw literally dropped when they started playing, I had absolutely no idea that kids from our school had so much talent," said Hayley Poff who has attended every single coffee house and is a big supporter of all school spirit.

"We really enjoyed, playing at the coffee house and was great to play in front of all of our peers." said guitarist and singer Riley Webb. They plan on continuing to playing gigs around the area, and make a name for themselves.

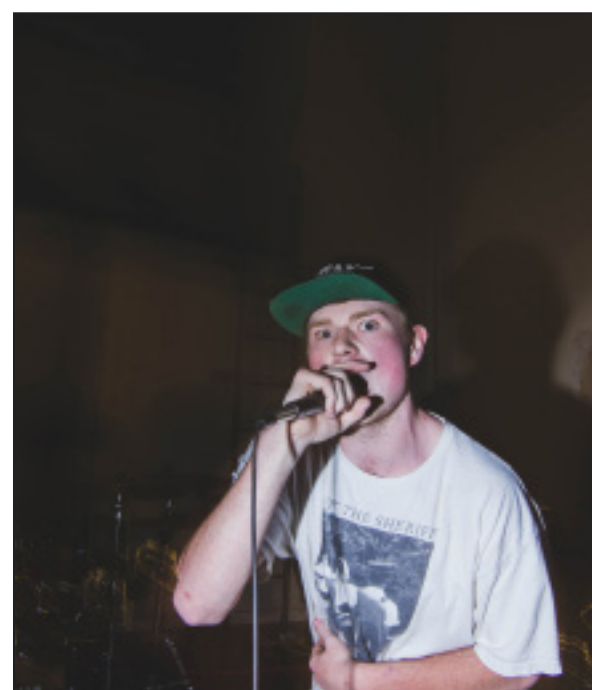
Shelby Grogan, a senior at Oyster River high School began singing at a very young age. "I started practicing a lot and taking it pretty seriously after my uncles wedding," says Grogan, who astounded people with her talent and urged her to move on with her musical career. She has been working really hard with her music and is traveling to Los Angeles, California in the search of a record deal.

So why doesn't music make too much of an appearance here at ORHS? A lot of events that are presented at our school don't really have too much to do with bands. Aside from the drama club and music department, there really are not too many events where people are able to show their talent. It truly is a bummer to see some of this amazing talent go unnoticed throughout high school. I hope that certain



Shelby Grogan performing for the first time in the school. (Photo Credit: Sam Colby)

music events, like the coffee house, will continue to allow people to show their talent, and that Oyster River will be able to add depth to some of their great achievements and traditions here at this school.



T-chill closing down the coffee house. (Photo Credit: Sam Colby)



Riley Webb performing solo. (Photo Credit: Sam Colby)

*"I will remember all of you guys when I am famous."*  
-Trevor Chilcott



# SENIOR WILLS AND DESTINATIONS

## Final Words from the Class of 2014

**Sana Achraf - University of Houston**

**Veronica Ackerman - University of New Hampshire**

Amy Halstead: My rabbit Scottie

**Jeff Ahlgrim - Up up and away**

Groceries  
-Fruit Roll-ups  
-Captain Crunch  
-Mountain Dew

**Lizzie Attisano - University of New Hampshire**

MaryClaire: Sheldon - take good care of him please!, anything I leave behind in my wardrobe  
Sam Stewart & Gabby Trombely: Mary Claire - look after her for me  
Amy Halstead: My tennis jacket with no zipper  
Kirsten Wieker: I officially give you rights to the senior core

**Eliza Balch - Earlham College**

Izzy Todd: Tharp, the Wiswall Road Legacy, all the hooligans on the bridge  
Rachel: My deepest respect, warrior grunts  
Siobhan: Coach P, star-shaped root, the Thorny Beast, adventure runs  
Sophie: 3 years of perfect runs, the feminist spirit, patience  
Madi: The CSG Legacy, Woods adventures  
Maegan: Chex Mix, hot chix, the best SBs ever  
Evan: www.alcor.org  
ORGXC: All my love, my fully melted heart, Fergus

**Alyssa Bangrazi - University of New Hampshire and Massachusetts College of Pharmacy and Health Services**

**Jan Bartos - Rensselaer Polytechnic Institute**

**Isabelle Beagen - University of New Hampshire**

Gabby: Our awkward loner room, guard it well  
Alanna: A box of tissues for when you go to plays without me and a reminder that sheds in northern New Hampshire are always creepy  
Alex Morrell, Charlotte Moore, and Bella Saputo: A jug of maple syrup and a whole bowl of empty butter containers  
Azabeth: Strange dinosaur shrieks and endless computer struggles  
Clasher: Arm weights for when you hitch-kick  
Fran: All of Poppy's love (and some of her hate)  
Helen, Alicia, and Nicky: Smee's beard  
Annika Barth, Abby Limric, Megan Neal, and Payal Nanda: The Lit Mag... good luck!

**Wade Belanger - Brigham Young University, Idaho**

Casey Aubin: Tommy John Surgery  
Baseball Team: Craig C. Walfield  
Underclassmen/Staff: Hugs to go around, especially for art Lawrence and Zottoli  
Mr. Nichols: breakfast in bed for all of his retirement

**Sean Coit - University of New Hampshire**

Eric Smath: a ripe watermelon

**Ashley Constantino - Part-time Police Academy and Fire Fighting**

Shaeleigh Bellen: our gourmet cooking class pep talks  
Nathen VanAken: all our jokes in mass media  
Jared Wile: Luke Holland

**Kaya Cooley - Union College**

Rose Mroccka: my mad celly skills, eye contact, Sully, and eggplants  
Jackie Lupinski: my beautiful rope wrapping abilities  
Sam Walker: butt taps  
Abby Donovan: Circle drawing (with love from Ariana)  
Emily Croot: Smiley faces at Jackson's, your horse and bloody pucks

Anna Limric: Jaime's approval  
Grayson Leightman: My flawless singing voice  
Briana Burt: All my maternal love

**Liam Cooney - University of New Hampshire**

Jeremy Howland: AP Biology and sleep deprivation.  
Marissa Flynn: 1/2 my sanity.  
Madame: The other 1/2 of sanity

**Emily Coughlin - University of New Hampshire**

Kirsten W.: all the half face selfies your little heart desires, my drum in case you feel the need to tap into your inner drummer, all the knowledge of economics, and my love of course  
Cheyane Milano: leaving you with good times, dunks breakfast trips, all the food you can eat.  
Hopefully a good year if you survive, my luck and of course all my love

**Alec Czepiel - Keene State College**

Natalie Czepiel: a ripe cantaloupe

**Ario D'Antilio: University of New Hampshire**

Dom D'Antilio: the 24 parking lot, the jazz band practice room, and the impossible to meet high standards set by myself. As well as my ability to always get caught, in hopes that he will be good and if he can't be good, be careful.

**Kelly Davis - Keene State**

Natalie: the Camry, Carola, Champ, and Oscar  
Lucy Eiseman: Shrek  
Shelby Shepherd: A lifetime supply of Aroma  
Joe's and Ben & Jerry's

**Alyssa Doucett - Gordon College**

Anna Posset: Meine Liebe  
Julia Lewis: #8 for field hockey

**Alex Eustace - Stony Brook University**

Phil Amerduri: my tan jacket... I know you're the only one who'd want it lol XD  
Brendon Ouelette: too many good times to even start bro!  
Elizabeth Bulkley: all those late night trips to the gas station  
Peter Antognetti: the knowledge that life is inherently meaningless. What matters is not that you live, but how you lived. Read a book, paint a picture, take a nap. This life will pass you by before you realize what has happened. Never forget that you are as valuable as you find yourself, let no one else determine your worth. Lawlz.  
Jessie Stelter: the nickname "Helter Stelter" look it up.  
Griffin Warburton: the responsibility to spread the nickname "Helter Stelter" playfully (don't turn it into bullying)  
Trevor Chilcott: My heart. Ever burning the flame of the sum of my passions. You are my moon and my stars, in my darkest of nights you give me light to guide my way.  
Nicholas Kahn: the knowledge that you were literally my best friend in kindergarten. Just sayin.

**Connor Fitzhenry**

Mr. Kelly's undying love

**Kat Fritter - Plymouth State**

Caitlin Lasher: my everlasting love  
Josh Golden: his cooties

**Adam Geddis - Keene State**

Tom Jeffrey: A life vest so he doesn't drown  
Nick Murphy: A sled  
Owen McCabe: Our Russian friend Gregory True blood and have it say Cabining?

**Laurel Gibson - University of Connecticut**

**Shelby Grogan - Bar Tending Classes, Boston**

Nyles Lawson: my hair  
Pieter Zwart: my amazingly funnier sense of humor  
Bella Dempsey: my undying love and affection  
Colin Runk: my smile because he is always too

serious

Matt Silverman: the right to be the mixed kid at ORHS

**Noah Hardekopf - Southern New Hampshire University**

Tom Cusack: Parking spot in senior lot  
Reed Gibson & Matt Silverman: My whale sculpture  
Next year's senior class: The right to beat up Mr. Morin  
Chris Clement: My Nike Lebrons  
Next year's varsity seniors on the golf team: the golf team "just let it happen" quote

**Elizabeth Hart**

Luna Cuervo & Julia Williams: My type of friendship with Tiffany Marshall

**Claire Hawkes - University of New Hampshire**

Cam Barth, Annika Barth, and Justin Moore: the Hobbs/Sawyer neighborhood  
Khow: late night BNG, GUA, a swamp monster, and skinny pop  
Marina S.: my AP bio notes  
Abby L. and Katherine: the best summer at ASP

**Matt Healy - McGill University**

"The kid gets it all; just bury me in the damn garden, next to the stupid lion."

**Hannah Herz-Khan - Concordia University**

**Alicia Hiltunen - A life well spent, wherever the wind may take me**

People on the bus to Somersworth: good vibes, a great rest of high school. Stay gold.

**Kelsey Hogan - Keene State**

**Abby Howard - Wellesley College**

**Emily Howard - Holy Cross**

**Hannah Igoe - University of New Hampshire**

Grace Tauriello, Desi LaPanne, and Kirsten Weiker: the bobkittens  
Heiney: #6 (if you want it), defense, and the hurdle crew  
Domtwom and Heiney: The 10 point arm game  
To-Be Junior Lacrosse Girls: being loud and weird on the bus ride back from away games

**Derrick Jones - The Gas Light Kitchen**

Shaeleigh Bellen: half of my love  
Brianna Beaudette: the other half of my love

**Haley Jones - Colby College**

**Julia Katz - Ithaca College**

Caitlin Lasher: giant bullfrogs, Cape Cod Seaside Camps (just don't burn it down this time), the rock on the highway into Boston, a jar of beans and French perfume, morning car rides, rhetorical questions, and British hearts  
Em McCarten: strength, love, Ms. Caple's sanity, and lots of coffee  
Alanna Bagdon: pizza, Lord of the Rings, and all the vlogs  
Katherine Howard: Jugo de Melocotón  
Gabby Trombely: all my love  
Siobhan Slavin: candy bars that are just the right size  
Fran Jeffrey: my British accent (you're welcome)

**Ryan Kerrigan - ROTC at University of New Hampshire**

Kevin Kerrigan: the Kerrigan legacy and Colby's hot sister  
Zak Lanoue: my short shorts  
Connor Grady (tall guy): your height  
Connor Deptula: close defense  
Colin Runk: scrambleezys and la fezzy  
Liam Cahill: the best dimple award  
Benny Mac: the responsibility to grow a beard next season



Begnt Jobe: all of my dark knight rises jokes  
Pete Antognetti and Shua: the basketball team...  
good luck  
Sam Huston: my undying love  
Nyles Lawson: my favorite number 2 pencil

**Sydney Lavalley - University of New Hampshire**  
Maddy: French skills, swag, coffee, & banana doodles  
Sedona: donut case duty, top dog status at work,  
bobas, & non-slip shoes  
Luke Davidson: Sedona  
Marissa: Madame’s heart  
Julia, Luna, MaryClaire, Bella: breathtaking  
artwork, tangents, and New York memories  
Alex Cavallaro: my forest plot and waders  
Emily Halstead: rocks from Versailles and drag  
queen pigeons  
Nyles, James, & Nathen: coffee beans & Debbie

**Katelin Lawrence - Becker College**  
Alaina Todd, Colleen Todd, and Steph Schiavo:  
the girls ski team  
Adele Ziemek, Elizabeth Cilia, Sydney Daigle, and  
Katherine Howard: the girls lacrosse defense

**Nick Lazar - Bridgeton Academy**  
Sam Colby: Cap’n status for next year, extra thick  
sharpies, toaster in the cafe  
Kevin Kerrigan: the tongue of smoothness and a  
razor for your facial hair  
Colin Runk: a white board to doodle on for next  
season  
T-chill: new chip bowl  
Bryce Schultz: 1:24 club  
Liam Cahill: the power of running that table  
against fools

**Joycelyn Loughlin - Gap Year**  
Kirsten Weiker: Laforce jokes & annoying  
drumming before 8 am.  
Noortje: all the Aroma Joes iced chai & random  
car vents anytime  
Alex: your own credit card & my forever jealousy  
of how beautiful you are  
Haley Bisson: to always be my women crush  
wednesday & Lisa  
Jason Camp: the ability to understand Candy  
Crush & popo for life.  
Adele Ziemek: Tuli, J-Swag, and my husband since  
like 8th grade.  
Backflip Kid: all the homework, for math next  
year for you to copy and an award for surviving  
ORHS as a new kid.

**Tiffany Marshall - Gap Year in Australia**  
Sophia Haley: My spirit, our great memories,  
and my seat in Mrs. Caple’s office.  
Alana Bagdon: my heart...law! jk  
Shaeleigh Bellen: Mrs. Kishbaugh

**Amanda Martin - Lesley University**  
Marina Schwadron, Tom Jeffrey, Russel Miles, and  
Matt...something: Rock Band Club  
Drama Club: laughs and smiles

**Raleigh Martin - Gap Year**

**Claire McCarthy - University or New Hampshire**  
Sarah Sherman: Mrs. Kishbaugh’s  
Rosie T: a free date with Beef Patty and Bob Dog,  
and the basketball back scratcher  
Susie McDonough: a big ole’ can of woopass

**Mikey McDonough - Keene State College**

**Maggie McNamara - Keene State College**  
Brandon Buteau: Alex Mouikis  
Alex Mouikis: Brandon Buteau  
Courtney Elmslie: girl’s hockey team and jamie  
sayings

**Gabi Meyerson - Fisher College**

**Miranda Miller - University of New Hampshire**  
Caitlyn Miller: red truck  
Grace Fisher: tea  
Caitlin Coxen: Target, coupons, and soft-serve ice  
cream  
Sydney Snelling: re-invented French verbs  
Ellie Lewis: Corrine and FREE coffee when you are  
working at Dunkin Donuts

**Jenny Mistretta - Boston University**  
Kennon Casper: pistachios  
Estrella Cilia: my homemade pancakes

Rosie Tarvainen: my seat on the bus to basketball  
games  
Grace Fisher: all the anti-jokes I can think of

**Jessie Murdoch**  
Collin Nichols: a car that actually works

**Kelly Murphy - Gap Year**  
Goetz: you can have your camera back  
Keegan: take care of Leslie for me  
Leslie: let Keegan do what I said  
Cam: wash the floor because I said so, I’ll give you  
a mop  
Helen: somebody has to watch out for my brother,  
so I give you duty of making sure he is fully anno-  
yed everyday  
Alicia: take my sanity, it was never of good use to  
me anyway  
Jazz: take care of Laforce, he needs a friend  
Azy: I give you the one ring... yes that one  
Everybody else: I have hidden my source of magic  
somewhere, your task is to find it

**Anika Naher - Bentley University**

**Laura Olivier - University of New Hampshire**  
Emily: Ruby, Fern, the car quilt  
Isabelle Todd: the soccer team, belly aches, Nal-  
genes, and straws  
Grace Heine: the soccer team/hurdle crew  
Claire Genes: the number 7, hot chocolate, car  
rides to spags, our long talks in my car after prac-  
tice  
Felicia: my love

**Sophie Pavlidis - University of New Hampshire**

**Hayley Poff - University of New Hampshire**  
Christian Burt: peeps  
Tyler Veneble: my everlasting love  
Olivia Svanholm: my 5 absences per quarter plus  
yours (you’ll need all you can get)  
Dom D’antillo: my swag  
Nyles Lawson: ghetto rap songs and my car  
knowledge  
Felicia Ayer: mcdonalds and my dog

**Seamus Potter - Green Mountain College**  
Alanna Bagdon: Llams  
Tommy Crotty & Cyrus Hull: Computer  
Alex Symanski: Ayooooooo you chill  
Caroline: Rock the BOAT

**Kai Rodriguez - Gap Year in Israel**  
Natalie Davis: saving my introduction to Program  
and making me smile  
Annika and Cam Barth:15 years of great and  
unconditional friendship!  
Samantha Tenney: for believing in and understand-  
ing me for who I am. My hope.  
Will Stone and Emily Howard: my psychothera-  
pists  
Katherine Howard: quack  
Reilly Webb: long live DAVE  
Connor McDonough: chicken nuggets you know  
my catch phrase

**Chris Rouleau - United States Army**

**Emily Sagnella - 1942, so I can finish what I start-  
ed... (University of New Hampshire)**

**Matt Segil - University of Vermont**  
Charlotte: a pencil sharpener

**Allie Silverman - Franklin Pierce University**  
Matt Silverman: the house and our 6 cats

**Adam Smath - University of New Hampshire**  
Ski Team: an endless supply of ramen noodles  
along with ‘And We Danced’  
Cross Country Team: A mountain of Tang  
Eric Smath: a piece of my car’s front bumper  
Cam: a cherry line rickey  
Brianna: crutches  
Matt Bryant: one Jeep stuck in mud  
Liam O’Rourke: the Ski Team

**Cooper Smith - University of New Hampshire**  
Nick Bergeron: the back seat of his own car  
No one: special teams cause we are taking that  
with us  
Arun Falk: the lacrosse team because none of the  
other juniors can handle it  
Liam Cahill: medicine for those “cold sores” ...

watch out ladies

**Morgan Smith - Dean College**  
Alanna Bagdon & Marina Schwadron: and empty  
void  
Gabby Trombly: the absence of innocence  
Em McCarden: my love, patience, and strength

**Amanda Souvannaseng - Suffolk University**  
Darnell: Mom, Dad, Stitch, my room  
Laynuh: Darney, Tommy, Hailey, YPD, Chipotle,  
Jack Engholm, the track team, locker 250  
Tommy: best HS memories  
Dominique: the best relay hand off, Icy Hot, Rice  
Krispie Treats  
Tiao: my number, my hand in marriage  
Ty & Benny Mac: my love, Alana  
Jason Lupinski: a kiss  
Kevin Kerrigan: ankle massage  
Rachel Deptula: #6 on field hockey, my left half  
back position

**Gabby Steele - Gap Year**

**Ethan Stewart - University of New Hampshire**

**Sandra Strogen - University of New Hampshire**  
Anna Posset: the field hockey team, all of Mark’s  
questionable jokes and center mid... (:  
Rose Mroccka: The hockey team and five lines  
Kevin Kerrigan: all my love

**Lauren Sullivan - University of New Hampshire**  
Rosie: Reed Gibson and 5 doves  
Caitlyn Miller: the pitching circle and Cangelo’s  
white board  
Alaina Todd, Colleen, and Steph: girls’ ski team  
Susie McDonough: the dance floor and my eternal  
love

**Hannah Switzer - University of New Hampshire**  
Alex Mouikis: your seat back  
Fab 4: L.A.S.H.  
Davon Snowden: my love

**Drew Thibault - Grove City College**  
Jeremy Howland, Cam Barth, Will Stone: the cross  
country team  
Jeremy: the Xplode  
Cam: good looks forever  
Will: sub 17:00  
Neville: many sleepovers  
Evan Gordon: the 400m record  
Kobi: Hawiian shirts and all the stupid superpow-  
ers  
Patrick O’Brien: Wins and broken records  
Reed: Crossing many more lines  
Owen Kuriak: a cross country season  
Cam Cassella: Greg’s Calves  
Matt, Brian, Forrest, Jag, Sam, and Alex: another  
state championship  
Alex S.: Breaking Bad  
Mr. Reeves: My replacement  
Mr. Thibault: Botox and Weight Watchers  
Anson: a growth spurt

**James Tuliano - Great Bay Community College**  
Eric Shi: Adele Ziemek  
Matthew Sillverman: Adele Ziemek  
Natalie Czepiel: Alec’s Prius  
Adele Ziemek: Mr. Kelly, all of the cats around Dur-  
ham, NH not including Tiger  
Emily Haight: Matt Jones, please treat him right  
Matt Jones: all of my love

**Kara Vasile - Hallmark**

**Brenna Walczak - Colby Sawyer College**  
Alanna Bagdon: strength to deal with incompe-  
tence and 10,000 good hair days  
Sadie Moore, Haley Parry, Amy Halstead, and  
Sam Walker: Danimal, good luck...

**Andrew Wolcott - Husson University**  
Casey Aubin: Craig Walfield  
Chris Clement: Alex Mouikis and all the  
cereal  
bowls left around my house  
Tim Stringer: pants that don’t go half  
way up his stomach





THANK YOU  
to all the sponsors  
of ORHS  
Project Graduation

**In-Kind Sponsor**

**Seacoast Mazda** 436-6905 Portsmouth

*In gratitude to **BETH MENNELLE** who held three SAT preparation course sessions for the benefit of project graduation.*

**A Special Thank You to LIBBY'S BAR & GRILL** for their donation and for hosting the Live Auction Evening; and also to **MARK and MARY SALVATI** for all they did to make it a success!

**Provided Space for raffle ticket sales**

**Durham Marketplace** 868-2500 Durham

**Market Basket** 868-3030 Lee

**Market Basket** 679-3057 Epping

**Calendar, SHARK and Libby's Event Raffle Prize Sponsors**

**3 Bridges Yoga** 590-0010 Durham  
**Adagio's Salon & Spa** 664-6000 Barrington  
**Ann's Ginger House** 661-1043 Lee  
**Arbor Veterinary Clinic** 659-7799 Lee  
**Aroma Joe's** 397-5623 Durham  
**Artisan Electrical Contractors** 743-4005 Madbury  
**Arts Emerson @ Emerson College** (617)824-8500 Boston, MA  
**Bella's Casual Dining** 868-3377 Durham  
**Bittersweet Kennels** 772-5453 Newfields  
**Blue Bell Greenhouse** 659-2997 Lee  
**C&J Trailways** 430-1100 Portsmouth  
**Chipotle Mexican Grill** 433-5981 Newington  
**Coppal House Station** 659-3572 Lee  
**Cranmore Mountain Resort** (800)786-6754 North Conway  
**Dante's Restaurant** 664-4000 Barrington  
**Deidre Stevens, hairstylist** 234-4328 North Hampton  
**Durham House of Pizza** 868-2224 Durham  
**Exeter Hampton Physical Therapy** 778-0965 Exeter  
**Expressions 4Ever Photography** 742-2423 Dover  
**Fresh Fish Daley** 772-5011 Exeter  
**Friend-Lee Pets** 868-1800 Lee  
**Get the Scoop** 292-3338 Newmarket  
**Golf & Ski Warehouse** 433-8585 Greenland  
**Good JuJu by Ceci** 292-6435 Newmarket  
**Gunstock Mountain Resort** 293-4341 Gifford  
**Hackmatack Playhouse** (207) 698-1807 Berwick, ME  
**Howard & McBeath, PLLC** 431-2324 Portsmouth  
**Isles of Shoals Steamship Co.** 431-5500 Portsmouth  
**Jade Garden** 659-7335 Newmarket  
**Kume Steak House** 679-8882 Epping  
**Lamprey River Tavern** 659-3696 Newmarket  
**Lindt & Sprungli** 778-8100 Stratham  
**Margarita's Restaurant** 743-6363 Dover  
**Margarita's Restaurant** 772-2274 Exeter  
**Margarita's Restaurant** 430-0053 Portsmouth

**Business Sponsors**

**Platinum**

**Oyster River Teen Initiative** 868-1230 Durham

**D.F. Richard Energy** 742-2020 Dover

**Liberty Mutual Insurance** 749-2600 Dover

**Silver**

**Louis F. Clarizio, DDS, PA** 436-8222 Portsmouth

**Garrison Women's Health Center** 742-0101 Dover

**Adaptive Communications** 433-1700 Portsmouth

**Schoonmaker Architects** 868-1848 Durham

**Towle Driving School** 332-5716 Rochester

**Bronze**

**Seacoast Companion Care Plus** 534-1305 Lee

**Harbor Eyecare Center, Inc** 430-0211 Portsmouth

**Kent & Pelczar Funeral Home** 659-3344 Newmarket

**Lenk Orthodontics, PLLC** 868-1919 Durham

**Tasker Funeral Home, LLC** 742-4961 Dover

**Friend**

**Advance Pump & Filter Co., Inc** 868-3212 Lee

**The Candy Bar** 397-5154 Durham

**Merrimack Repertory** (978) 654-7550 Lowell, MA

**Mill Yoga** 292-5918 Newmarket

**Minos Roast Beef** 397-5261 Durham

**Modern Salon** 343-4689 Dover

**Mt Washington Auto Road** 466-3988 Gorham

**Newmarket Creperie** 292-3338 Newmarket

**North Coast Family Health** 427-6800 Portsmouth

**Ogunquit Playhouse** (207)646-5511 Ogunquit, ME

**O'Neil Cinemas** 679-3556 Epping

**Pawtuckaway Nursery** 659-8085 Lee

**Philbrick's Sports** 742-7547 Dover

**Photosmith** 742-6659 Dover

**Pinewoods Yankee Farm** 659-8106 Lee

**Pizza Spinners** 868-3007 Lee

**Popovers** 734-4724 Epping

**Postal Center, USA** 868-1999 Lee

**The Riverworks Restaurant** 659-6119 Newmarket

**Ross Furniture** 742-1800 Dover

**Saco Bound Canoe Rental Ctr** (207) 447-2177 Ctr. Conway

**Seacoast Science Center** 436-8043 Rye

**SolSistar** 397-5229 Durham

**Stratham Circle Nursery** 778-3711 Stratham

**Symmetry Yoga** 397-5558 Lee

**Teatotaler Tea House** 692-0220 Somersworth

**Telly's Restaurant & Pizzeria** 679-8225 Epping

**Thai Smile - 2 Restaurant** 868-2772 Durham

**The Beach Plum** 433-3339 Portsmouth

**The Bike Factory** 292-6508 Newmarket

**The Candy Bar** 397-5154 Durham

**The Works Bakery Café** 868-3500 Durham

**Three Chimneys Inn** 868-7800 Durham

**Trader Joe's** 431-2654 Newington

**Wildcat Fitness** 397-3200 Durham

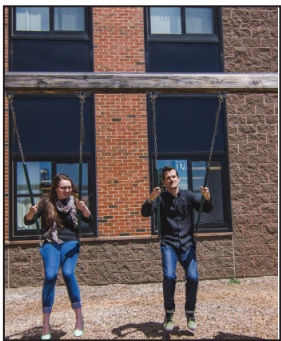
**Wingate Spa** 772-8400 Stratham

**Young's Restaurant** 868-2688 Durham



# PROCRASTINATION NATION

## Advice on the Problem Faced by Many Students



Alex Morrell  
Guest Op-Ed  
Writer

for tomorrow or not do it at all. It seems to be a daily vicious cycle that many cannot escape from - including me. What can we do to avoid procrastination?

Procrastination affects everyone in one way or another. We seem to procrastinate when there are tasks that we do not want to do and fill the time doing more enjoyable things. "I think procrastination is especially present in high school because we know we can put it off and get by with doing it later," explains senior Mikey McDonough. "If only that drive that we have at the beginning of the school year to do well would stick around," he adds. So what can we do to prevent it?

"Everybody procrastinates - I procrastinate. I think there are students who can procrastinate and be okay and some who can procrastinate a little and not be okay," explains ORHS science teacher Celeste Best. "I usually tell students to not back themselves into a corner - set your priorities for the night and get them accomplished," Best adds.

Here are some helpful times to try to limit

It's 11:36pm and you have yet to write the biggest paper of the quarter that is due tomorrow. Already procrastinating up to this point, you decide to turn on Netflix; the black hole of procrastination for many. You then find some reasoning to either put off the work



ORHS student working late at night to get all her school work done.  
(Photo Credit: Sam Colby)

the procrastination that affects your day to day workload.

**#1: Become aware that you are procrastinating:** When we realize we are procrastinating, we are then able to adopt strategies to improve our work habits. Indicators that you may be a procrastinator include whether you sit down at the computer to type a paper and spend 50% of your time on social media instead or put off the most important or perhaps most difficult tasks for a long time while you do other things until there is no more time to put them off. "I procrastinate a lot which forces me to stay up late because I always have to get my work done. This turns into a vicious cycle because I do not sleep well and then do not learn as well the next day," explains junior Lizzie Silvio.

**#2: Develop time management skills:** Whether it is breaking big tasks down or setting certain time limits on different tasks, time management skills can help to get things done more efficiently and effectively. In addition, it helps reduce stress. When things are put off to the last minute, stress and anxiety levels tend to increase and tasks may get done sloppier. This said, there are certainly some time management skills that do the opposite that in-

tended: increase procrastination.

**#3: Get motivated and stay motivated!**

A good way to stay motivated to always remember what goals you have. For example, a huge paper can have a big impact on your class grade which impacts your overall GPA and in turn is a determining factor in getting into college to get a degree that you are passionate about. [So if you plan to go further on in school, always remember what affect each assignment (or a bunch of consecutive late assignments) can really have on your grade and future!] Another thing to think about is health. When we put things off, and everyone knows we all do, that weight of knowing it still needs to be done is put on your shoulders. This leads to stress and anxiety which is not the way you want to live through high school.

"If your grades are important, it's smart just to buckle your belt and do what you need to do so your grade will reflect what you have done in class," explains ORHS psychology teacher Lou Mroz. "I think a lot of individuals haven't developed the discipline they need to not suffer from so much procrastination," Mroz adds.

Granted that everyone procrastinates now and again, it's important that procrastination and senioritis do not affect life to the point where we are becoming sleep deprived and suffering from too much stress.

*"I usually tell students to not back themselves into a corner - set your priorities for the night and get them accomplished."*  
-Celeste Best

*"If your grades are important, it's smart just to buckle your belt and do what you need to do so your grade will reflect what you have done in class."*  
-Lou Mroz



ORHS psychology and social studies teacher  
Lou Mroz.  
(Photo Credit: Sam Colby)



# SENIOR TRADITIONS



**James and Landon**  
**Op-Ed Writers**

Have you ever had to run away from exotic animals in a supposedly safe environment? How about stumbling through thousands of bouncy balls, risking your life on every step you make? Every school has their idea of Senior Traditions, and Oyster River

is no exception.

Every year, we have Senior Follies, a senior prank, a senior skip day and a senior trip. The nature of most of these traditions are extremely controversial, especially senior skip day, as according to Oyster River's administration, it's a "violation of the attendance policy".

Senior pranks are an infamous part of your senior year and depending on the class, can be really dumb/straight out mean, or hilarious and notoriously known throughout the school depending on how much work is put into it and the graduating class. So what is it that makes a good senior prank? We believe a successful senior prank is one that will be passed down from one year to the next and be permanently imprinted on the timeline here at Oyster River High School.

Have there been any good pranks that have happened at our school throughout the years? Some of the teachers that have been here for the last few decades have let us in on some of the best ones that have happened over the years. One year, while giving out awards, a few students left several mice all over the room while people were going up to receive their awards. Many of the audience members stood in surprise as several mice went scurrying all around the room.

Another well known senior prank that occurred in this school was the release of quails all over the school. Where do students even find an exotic bird such as a quail? Only the students involved with this ridiculous gag know, but one thing for sure is that it did create a lot of ruckus around the school that eventually led to making the list of memorable senior pranks throughout Oyster River. "It was a pretty funny and clever prank, but very scary for the birds," quotes an anonymous source that witnessed the entire incident.

Oyster River isn't the only school in the area that comes up with clever senior pranks. Last years Exeter Class of 2013 roughly consisted of 500 kids. On the second to last week of school, the entire class filed



*The Senior Core at Oyster River High School: Prank Planning Headquarters*

down to the main lobby of the school, each person possessing more than 20 tiny bouncy balls in their pockets. At the count of five, every one of the seniors emptied their pockets and thousands of bouncy balls rained all over the lobby. "I was still finding bouncy balls 5 days after the prank" quoted

Abby Donovan, Class of 2013 graduate of Exeter who was involved in the prank at the school.

At another school, Marshwood

High School, which is located in York County, Maine, the principle used to be a clown. Because of his past profession, the entire Class of 2007 all dressed up like clowns and mocked him for leaving his past career. One of the students that dressed up like one of the clowns, Shawn Curley, mentions how it's increasingly hard to execute a good senior prank.

"Another prank... They stole a giant inflatable Darth Vader from the roof of a Burger King and blocked the main entrance to the school but that was kind of lame. It's hard to pull a decent prank these days..."

Curley is right. It has been getting harder and harder to pull off a prank as schools across the country tighten their security and are becoming more aware to the pranks before it happens thanks to social media such as Facebook. Every school across the Oyster River district installed cameras on the front door, so they won't let anybody in unless the

front office deem that they are safe. While this is for the greater good and I am in no way supporting that they get rid of these cameras, they make it hard to pull off a senior prank as the front office won't let us in



*The exotic Quail birds*

the school if we are carrying some sort of prank material.

Every door in the school is also locked throughout the day and night, which makes it impossible to get in at night or early in the morning to fill up the Senior Core with bouncy balls or find a temporary home for exotic birds. Due to these tightened security restrictions, it makes it a lot harder to pull off a decent, memorable senior prank.

Involving animals is also an incredibly dumb idea. If you bring in mice or birds to one of the last days of school, you deserve whatever the administrator does to you. You have to catch all of the animals you release, and the janitors have to pick up after they do their business.



Class of 2015, don't be stupid and involve animals in your senior prank. It's not clever or unique, you're just putting people in danger.

Another tradition that the senior class follows is senior skip day [more info to come after skip day]. Todd Allen, the principle at Oyster River High School, sent out an email to all parents with children in the high school, saying it'll be considered "truancy" for anybody that skips school. You can find the entire section of that email that deals with the topic below.



The front entrance: Gateway to all senior pranks

"Finally, I would like to clarify the notion of a 'Senior Skip Day'. To be very clear, any attempt by seniors, or anyone else for that matter, to skip school is a violation of our attendance policy. Skipping school without a valid reason is considered truancy and will be dealt with as such. In particular,

parents of seniors should please be aware that the administration of ORHS does not authorize any 'skip days'. The only authorized day that seniors are out of school is the senior class trip on Wednesday, June 11th which is part of graduation week festivities. If you have any questions or concerns about this please feel free to call or email."

Senior class president Andrew McDonald responds to the email, saying "The letter that was sent out regarding senior skip day was very firm in saying that there would be no senior skip day, and that consequences for truancy would be enforced. I think it's unfortunate that there wasn't more dialogue about this between the student body and the administration."

McDonald also mentions that he understands why the administration would be against it, saying "I wouldn't say that the administration is trying to 'take away' tradition, but rather, that they are concerned about the academic implications of the senior class skipping a day of school so late in the year. Right now, a lot of teachers are struggling to fit in all of the material they need to cover in classes and I could see how senior skip day might make this difficult."

McDonald posted on the Class of 2014 Facebook page, responding to the email. He encourages

others to participate in the tradition, and unites the class to form together.

Fellow senior classmate Jason Alphonse wrote that McDonald's response was a "welcome reminder to know that we have class leadership that fights for the students and not for the appeasement of the Administration, Thanks Andrew!" Many classmates agreed with Alphonse and McDonald, 'liking' their post.

Allen holds the part of the email saying that it's a viola-

tion of the attendance policy and students participating in the tradition will be held responsible. While only time will tell if Allen will act on these warnings, it does not seem to be effecting the students.

Long after that email was sent out, planning for senior skip day continued on the Class of 2014 Facebook page as normal. The class conducted a poll on which day they wanted off, where they were going, and so on.

At the end of the post about the email, McDonald adds "I know this class well enough to know that a silly email isn't going to stop us from enjoying the last of our days as seniors." He is absolutely right, the Class of 2014 has been together through some of the toughest moments in our lives and will undoubtedly pull together to continue the tradition passed down to us by our older generations.

In conclusion, what do these traditions mean to not only the seniors but the underclassman? It allows seniors to have one last hoorah before they begin their journey into the "real world". A final time to be stitched into the fabric of the school district so they will not leave forgotten. A final

*"Finally, I would like to clarify the notion of a 'Senior Skip Day'. To be very clear, any attempt by seniors, or anyone else for that matter, to skip school is a violation of our attendance policy. Skipping school without a valid reason is considered truancy and will be dealt with as such. In particular, parents of seniors should please be aware that the administration of ORHS does not authorize any 'skip days'. The only authorized day that seniors are out of school is the senior class trip on Wednesday, June 11th which is part of graduation week festivities. If you have any questions or concerns about this please feel free to call or email."*

- Todd Allen

time to cut loose ends and enjoy the last few times you may have with people you have spent your entire life with almost every day. These last few months of senior year may be some of your most important weeks you will have in your high school career, and we just ask that you live them to the fullest.



Scan here to read an article about Class of 2014's elementary school memories.



# ADOLESCENT EMPLOYMENT

## Students at Oyster River working



**James Tuliano**  
**Op-Ed Writer**

Imagine waking up at 6:00 AM, showering, attending a seven hour school day, going home for around a half-hour, then spending another five or six hours working at your stressful, minimum wage job, and then going home to work on your homework until after midnight.

That's the cruel life that a lot of teenagers lead. Either their parents force them to get a job, or they decide to get one to pay for all of their expenses. Getting a job teaches a lot of responsibility, but that responsibility can be overwhelming to some. The individuals that work during the week are basically working a 14 hour day, not including homework that they to stay up all night to complete. Those that only work during the weekend do not have time for any extracurricular activities. It's an extremely hard life to juggle.

Shelby Beane, a junior at Oyster River High School works part-time at a frozen yogurt place in the Fox Run Mall, Tutti Frutti. Beane resides in Lee, New Hampshire, which means she has a half-hour commute to work. Beane works Sunday, Monday, Tuesday, Thursday and sometimes Friday and Saturday.

Beane's typical shift during the week is from 4-10 PM. Beane gets home from school around 3:00 and leaves for work around 3:30, meaning she is only home for a half hour before she has to go to work on weekdays. She gets home around 10:30 PM, where she does her homework until she falls asleep.

"I find it very hard," explains Beane. "It really does get to you."

On top of all of this, she has to deal with customers that don't respect her as a human being.

"We have a \$3 minimum for cards, and this guy tried to pay for a dollars worth of yogurt with his credit card," Beane innocently starts. "I asked him if he had cash, and he gave me the dirtiest look, threw his yogurt at me and left the store."

While Beane's stressful day-to-day events may sound overwhelming to some of us, she loves it.

"It's a great opportunity to earn some money, it teaches you a lot, and you meet a lot of great people too!" completes Beane.

Beane has worked at Tutti Frutti for about a year, and has been promoted to role of Shift Leader. She is in charge of the store when it's just her and someone else. She plans to continue working at the frozen yogurt shop throughout her last years of high school.

If you think balancing school and a job is tough, enter Wade

Belanger: a senior at Oyster River High School who works two different jobs in addition to school. He works at the Wendy's in Exeter, NH and Market Basket in Lee, NH.

"It would be challenging at times, especially when I would have a full schedule. When this would happen, I usually just did my homework during breaks and in any spare time I could find."

Belanger still would recommend working while in high school, but only if you can handle it.

"I would recommend working a job while in high school, as long as you're not pushing your limits," begins Belanger. "You learn a lot about how to better manage your time, and you also make some pocket money, which is a plus"

Belanger's mom, Pam Belanger, says that Wade does a great job balancing school and working two jobs.

"Wade has been able to handle both school and work quite well," starts Belanger's mother. "He has managed to keep almost all A's even when he was working 20 hours a week."

Belanger will continue to work both jobs throughout high school. I believe that Belanger is one of the few individuals that can balance two jobs in addition to school correctly. Maintaining almost all A's is time consuming enough, but adding two jobs to the mix, it makes you wonder if Belanger even goes to sleep at night.

Having worked both fast food and retail, I can tell you that fast food is nearly as stressful as school, in the short-term aspect. You are rushing to get food completed quickly, while customers are yelling at you to hurry up. Your manager watches you make the food or ring out orders, and tells you how to do it better or critique you. They pressure you to do better each time, and if you do, you'll get a 10 cent raise.

Because of the previous paragraph, I believe that fast food can symbolize school. The customers rushing yelling at you to complete the food are like teachers telling you to reach your deadline. Your manager is like your parent, telling you to do better in school and what you should do. Getting a raise is like getting an A on a test. They are extremely similar.

Most of the people that work at McDonalds are students in either college or high school. When you order food from McDonalds and it takes longer than 2 minutes to receive, your mild inconvenience will affect them in ways you don't understand. You're adding on to their already stressful lives, and it's not the end of the world if you don't get your food instantly.

While I was working at McDonalds, I saw customers do extremely vicious things to my fellow employees and to myself. Hannah Hughes, who has now been working at McDonalds for 11 months and is a manager-

in-training, had some particularly bad days at the start of the job.

Hughes was presenting. Presenting is when you hand the food and drinks out to the drive through. Presenters usually wait by the second window, and give you your food and tell you to have a good day. It was one of her first days, and she was doing extremely well. Usually, presenters will make the coffee and drinks, but since she was so new, the person training her made the coffee.

One customer, who ordered a coffee and some food, pulled up to her window. She handed him the iced coffee and food, and told him to have a nice day. The man sipped his coffee, and then screamed at her. I was only several feet away from them, and could hear the whole thing.

"What the \*expletive\* is this," started Angry Joe, a nickname I gave to the customer. "I asked for three sugars you \*explicative\* idiot."

Hughes broke down in tears and walked out of sight. The person training her did not say a word to Joe, but remade his coffee and told him to have a nice day.

Since that incident, however, Hughes has worked her way up the Mc-ladder and is now training to be a manager, while still in high school. She says that it is stressful, but teaches a lot.

"I would recommend it because, in my opinion, it's a great job to start out with. It teaches you all the basics you would need for a bunch of other jobs," starts Hughes. "You learn how to talk and interact with people and it definitely gave me the opportunity to stop being so shy around people. Working there requires you to have communication."

I personally think that working while in high school teaches you a lot of responsibility and is something everybody should experience. If you can't handle both workloads, then quit your job and just work for the summer. The responsibility I learned from working while in high school is the best lesson I've ever learned.



# Wendy's



# SECOND BEST TO BIRTHDAY SUITS

## Summer 2k14 Fashion



Cece Cunningham  
Op-Ed Editor

Finally, school is only days away from being out (at least for 3 months) and the weather has stopped being so indecisive. The sun shines every day and 4pm is no longer night time. Break out your JWOWW tanning oil or for the less fortunate, break out the multiple bottles of sunscreen for your pale and freckled skin that your grandfather's Irish genes have blessed you with. Regardless to your pigment, get ready for a lot of days spent completely outdoors. For these beautiful summer days, you're going to need a swagged out summer 2k14 wardrobe.

For boys colored shorts are something that became very popular last summer and have made they're way back for this summer also. "One of the things I look forward most to about warm weather is the colorful clothing!" explains Frederik Svanholm, Oyster River graduate of 2013. Svanholm continues to explain his favorite summer fashions, "I especially love adding a pop of color with my shorts."

Something new this summer for boys is a style of hat called a bucket hat. Bucket hats are currently very popular in fashion and in the media. Rapper Schoolboy Q recently released a new album by the title of Oxymoron. In most if not all of his new music videos Schoolboy Q is wearing a bucket hat. I think that they are kind of a goofy style and it takes a certain person to pull them off, but they are definitely a good summer look... for most.

Another summer look that is being seen for the second summer in a row is the short sleeved Hawaiiin button up shirt. This look is also fairly goofy and also takes a certain personality to pull off, but with the right attire I think anyone can make a nice button up look good.



Senior Ryan Kerrigan workin' it in his Hawaiiin button up

pull off, but with the right attire I think anyone can make a nice button up look good.

Authentic Vans have been making a come back into summer and spring fashion for countless years now. The way to wear them now is with high white or black socks. It's usually the skaters or the "burn-outs" that you'll see wearing these, but they are du-



Junior Sam Colby swaggin' out in his Authentic Vans

rable and long lasting along with being a good summer look.

Something that should never be worn by any guy ever is something called a "bro tank". Bro tanks take cut-offs to a whole new level. They have thin straps all the way down far enough so you can see the guys nipples and a lot of the time the kind of personality to wear this tank top is definitely not someone who's nipples you want to see. Normally you will see this kind of tank top on guy with glossy orange skin, bleached hair and who is clearly on steroids. PSA: Never wear a bro tank. You DO NOT want to be that person.(Unless you're Landon Burt.)



Junior Sadie Moore reppin' her Classic Keds

Some of this summer's styles are repeats from summer of 2013, but there are also a lot of new things for both boys and girls to look forward to.

Some of the repeats for girls this summer are high waisted shorts, maxi skirts, maxi dresses, Keds, and Sperry's.

Keds and Sperry's are both comfortable closed toed shoes that can be worn throughout the spring and summer. Even though the color may become worn out-looking both type of shoes seem to last a long time. They work well with a cute outfit or something very casual like wearing them to work.

I believe because of that and how com-



Whoa, is that Schoolboy Q? Nope, that's just senior Landon Burt looking wicked dope in his bucket hat



# PULLING YOUR WEIGHT

## Weighted Grades at Oyster River High School



**Alyssa Bangrazi**  
Guest Op-Ed  
Writer

Do students who take courses that are deemed to be more challenging than others deserve to get more academic benefits to boost their overall GPA? The idea of weighted grades has always been a controversial topic at Oyster River considering the fact that this school does not have them. Some students argue that it would benefit their chances of getting into certain colleges, while others state that it would completely change the overall uniqueness and mentality of the Oyster River School District. So why don't we have weighted grades, and how does this affect us as students?

"Oyster River has always been a school that has prided itself on heterogeneous grouping, and individualized instruction," said Allen. What this means is that we don't separate students based on their abilities. Each classroom challenges and evaluates students differently, even if they are in the same class. Teachers are allowed to become flexible with their teaching styles so that they can accommodate each student individually, which in turn will allow the student to become as successful as possible.

I think that this stands true for some students; however senior Kelsey Hogan brings up a valid point saying, "when it comes to flexibility, everything is good in moderation. I've found that during high school I've been way more motivated to actually do work when I have teachers who hold you accountable or acknowledge that it's not getting done." She continued to say that, "it's different for everyone but at least for me I tend to do better [when teachers] make a big deal about getting work done on time." This is a good point because if your teacher is too lenient with you, it teaches you that you don't have to put in a lot of effort in order to receive a good grade. Although hard graders may be a pain in the butt, I think it's necessary so that students are putting in a good amount of effort.

"Most schools that do weighted grades have a leveled track system, where you have a level 1 [class], level 2 [class], level 3 [class] of everything; so you can say the level 3, the highest level, gets the most weight and the level 1, the lowest level, gets the least weight. And so you can separate [the weights which are awarded] out," Todd Allen explained. Because other schools have

Do students who take courses that are deemed to be more challenging than others deserve to get more academic benefits to boost their overall GPA?

The idea of weighted grades has always been a controversial topic at Oyster River considering the fact that this



Graduation for the class of 2013. (Photo Credit: Ying Shi)

weights, there is a more systematic way teachers must grade. This kind of grading is very different from the culture at Oyster River, where teachers are able to have their own methods of grading. This form of teaching causes room for a lot of variability.

"To me, before you can even talk about weighted grades, we have to say 'let's have a systemized grading approach,' which means every teacher then would have to adopt the same practices," Allen continued. This is arguably one con to having weighted grades, because it would force teachers to have a more structured grading system meaning they cannot be flexible to meet their students' needs. "I definitely feel like Oyster River uniquely is very flexible when it comes to teachers. Even in stricter classes I've felt pretty laid back and feel like teachers

[go] out of their way to accommodate what students need and it'd be really unfortunate for that to be taken away," Hogan shared.

I think that kids like the fact that teachers have the ability to work toward their needs. This is good because it allows more room for success, allowing the teachers to slightly change the curriculum to fit the students' capabilities. I also think that students like each teacher's uniqueness and individuality which separates them from all of the other teachers, even those who are teaching the same course.

Hogan stated, "I think that classes at Oyster River should be weighted, just be-

cause there's such a huge range of what classes here are going to require of you. It's impossible to say that an art class is more academically stressful than AP chem, so I think it can be a little unfair for kids that have a huge workload from really difficult classes." Likewise with Hogan, junior Tim Stringer shared, "I don't think that [not having weighted grades is] necessarily fair to the kids who are taking the super hard classes." Stringer continued his comment by noting that, "in the same sense it's not fair to not give the same benefits to kids who are at their level [that challenges them]."

School counselor, Heather Machanoff, agreed with Stringer's second thought saying that not having weighted grades "puts everyone on a level playing field. Students are taking courses that are rigorous, or to their ability, so they're being compared equally to their peers." Machanoff continued to add that not only does Oyster River not have a leveled track system but, "we don't have honors courses. So to weigh courses would be challenging because we would have to determine the rigor in every course, and really kind of look at that very closely."

Class of 2013 valedictorian, John Parsons, also agreed with this statement saying, "weighting is a tough issue because a lot of people think grading should be about effort. It isn't fair to assign a lower GPA to people that are already working hard in say, A2, when someone else might be able to coast through a class like A2/Trig and still get an A."

Stringer shared that the negative to not having weightedw

*"In the same sense it's not fair to not give the same benefits to kids who are at their level [that challenges them]."*

-Tim Stringer



grades is that when applying to colleges, students' taking AP courses typically have lower GPAs than students who don't take a harder course load, because their classes are more difficult, and colleges see that. In response to this comment, Allen explained that, "certainly grades matter [to colleges] but they don't matter by themselves."

He continued to share that after talking to multiple college admission officers, he found out that colleges look at, "did you take the most rigorous courses available to you in the area you're choosing to pursue? They want to first and foremost see that." Not only that, but they want to see success in it. Colleges want to see growth over time in your grades (from quarter to quarter and also year to year), they want to see involvement in your school community, they want to see kids who get involved in something and stay involved for four-plus years, and they want to see decent SAT scores. When being admitted into a college, having a slightly higher GPA due to weighting grades would only be a small factor that is looked at; therefore weighting the grades would not benefit the majority of people at ORHS.

"When you have a system, you want to benefit the maximum number of people, so I can think of a handful of people who would benefit from a weighted grade system just based on the courses that they chose. But there are also people that are pretty strong in other areas so the colleges aren't really concerned [of their class rank or GPA]," explained Allen. Colleges look at you overall, and choose the students who they find are the most well-rounded and who they find will be academically successful. Grades are just a small factor in that decision. "We have the school profile, they have standardized testing, like SATs and ACTs, AP exams, to show that our students are performing on

par with other students who have weighted grades," Machanoff shared. Colleges also look at your transcripts to see if you challenged yourself, and they look for steady growth over time.

For example, if someone were to take only art classes and got all A's and had a great GPA they are less likely to get into a school than if they were to take AP or more difficult courses and struggle a little with those. This is because it shows that the student really challenged themselves. This doesn't mean that I think that art or music courses aren't challenging, but it is all dependent on the student's intended major. If you want to go into the music or art field, it's a great idea to take a bunch of those classes. However, if you plan to be an engineer, for example, you need to take classes that apply to that specific major.

Hogan added onto this comment saying that not having weighted grades is good because, "students who are incredibly artistic or passionate about a subject that isn't considered as difficult as say math or science don't feel pressure to take classes that are going to waste their time. It would be a little unnecessary for a student who knows they're going to art school to worry about grades suffering from taking a lot of those classes."

Class of 2013 Salutatorian, Jialin Shi, shared that she does not care for weighted grades, saying, "when I was in high school, I took the classes that challenged me personally. It was probably more impressive that I [did] well with no weighted grades than if I [had] done well with weighted grades. Had I taken 'easier' classes, not only would I have not been accepted to MIT, but

even if I did, there is no way I would have been prepared for that rigor of the classes here." She continued to state that, "if you are talking about class rank/ranking, most of the students in the top percentile of the class are taking hard classes regardless." Shi also noted that, "Oyster River's motto is all about learning from each other and letting us pick classes that explores our interests, and with weighted grades these things won't hold true."

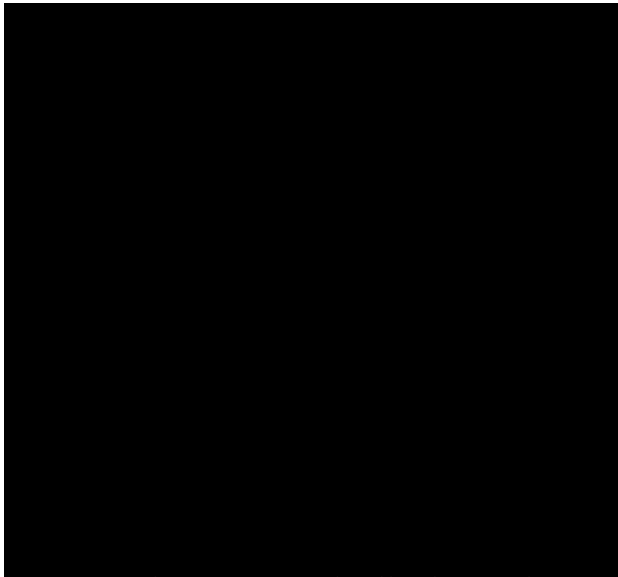
Before looking into the topic of weighted grades, I had always believed that Oyster River should adopt the concept. However, after going more in depth on the subject, I don't think that we should get them. This is because it completely changes the mentality and environment at Oyster River. Students should take whatever classes challenge them. Parsons also

brought up a great point by saying, "personally, I don't really care about weighting because ORHS has so few obviously weighable classes." It is hard to judge and compare the individual rigor for each class just because they are so different.

As nice as it would be to benefit the students who are taking "more challenging"

classes, it wouldn't benefit the students who are taking courses that are difficult for them individually. Colleges aren't as worried about the student's GPA, but more so want to see progression, growth and challenge. They also want to see that the student took courses pertaining to their particular major. As long as a student challenges themselves and strives to be excellent, I have no doubt in my mind that that individual will go places with their life.

*"If you are talking about class rank/ranking, most of the students in the top percentile of the class are taking hard classes regardless."*  
-Jialin Shi



Scan here to read all about the Class of 2014, an article by Op-Ed article Landon Burt.

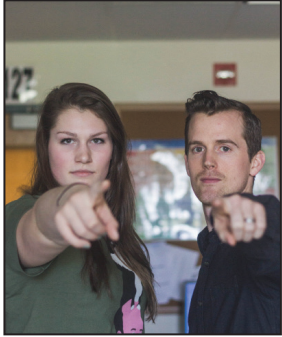


Scan here to read an article about longboarding.



# WHAT WILL DETERMINE THE RESPECT?

## Opinions on Softball at ORHS



**Brenna Walczak**  
Guest Op-Ed  
Writer

was published, the team previously with a seven year losing streak has now gone 5-10 (wins to losses). Yet the team is treated with the same amount of respect they had during the seven years of their dry spell, which is close to nothing. Shouldn't this team get more respect? Should they no longer be treated like a joke now that they have beaten a few of their competitors, especially since they are the group of girls to finally break the seven year losing streak.

The real problem I see is the connotation that the softball team holds with the student body. Walking through an Oyster River hallway, you will most likely hear students discussing what teams have games after school and if they want to go or not. Now with some sports like boys basketball, soccer or girls volleyball it's usually 'yah I'm going to go to the game, without a doubt.' On the other hand, when students talk about softball it is usually followed with a



*Victory shot (Photo: China Wong)*

scoff and 'why would I ever go to a softball game?' Maybe that kind of reaction was appropriate when they had a seven year losing streak, but shouldn't it change now that they have won a few games? Now that they have proven to themselves and us that they are able to win, they should receive the attendance and connotative respect that any other sports team at ORHS would get.

"We aren't a joke anymore. We are a legitimate competitive team." – Senior Softball Captain China Wong

"The last time Oyster River won a single game was in 2007," states the article "Softball," in 2014's issue four of The Mouth of the River. Since that article

When the Red Sox won the championship against the Yankees in 2004, were they treated like they hadn't accomplished anything? Quite the opposite actually; they were treated as victors, the group of athletes to finally defeat the Boston Red Sox's curse. Why isn't it the same for the ORHS softball team?

When asked how his opinion of the ORHS softball team has changed, senior athletic council member Ryan Kerrigan said, "finally [they won, but] I don't think we should praise them because we should never have had a team stoop so low as to have a 99 game losing streak." That would be an "exhibit A" type of example of how the connotation has not changed at all. The student body is not looking positively towards the new path of winning, they are holding onto the fact that they went seven years without winning a game. Senior Seamus Potter also added his opinion saying, "they must be motivated if they kept [trying] for that long, [now] they have a very normal win loss ratio. In fact they're just barely on the winning side of things, so I'm happy for them but interested to see how it plays out."

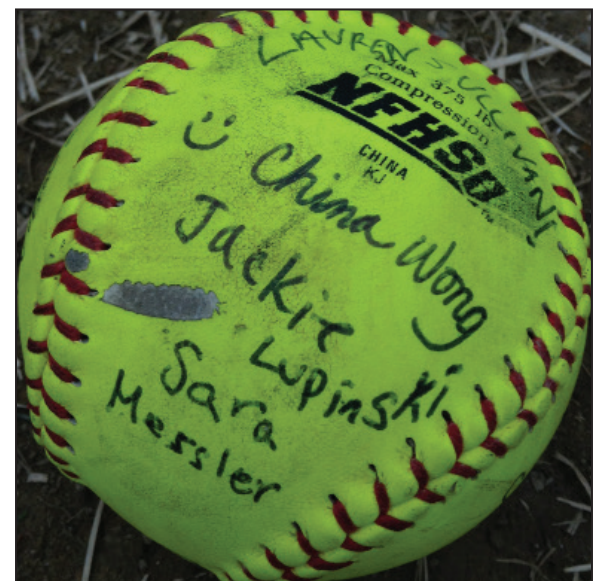
But shouldn't the team be given the respect that I think they are beginning to deserve? After all, their record is merely average. I know that getting out of a seven year losing streak is a big deal, but in the grand scheme of things they are really just swimming amongst equals. They are currently ranked 15th out of 20 teams. So they may have won a few games but it's not like they have become the team to beat or a new undefeated champion. In the long run it's really great to see the team not in the 20th spot but is 15th the best they could do? Or are we just being over critical of a new, growing team?

Everyone has their own idea of what's changed. "I guess the coaching staff has improved," says sophomore athlete Sophie Merritt. "I hear they have some new talent," adds Kerrigan. But what has really changed? Some of the players have seen an increase in team support from the student body. "It's super encouraging and helps motivate us



*The four year seniors (left) China Wong, Kaya Cooley, Lauren Sullivan (Photo: China Wong)*

to do better," says Wong, "last year everyone thought of us as a joke. Nobody really cared about us and they kind of just gave up. I think that the school definitely perceives us a little differently now. We have a strong team now and I think that the student body wants to support us." Yet overall there has been an overwhelming amount of people seeing the team winning as an apocalyptic event. With the comments like 'the other team must have been really bad' or 'that must be a practical joke' the team



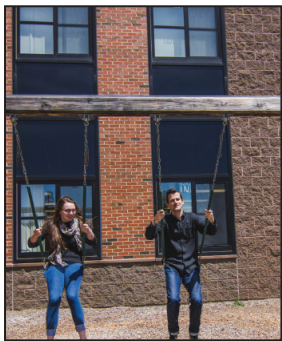
*The winning game ball (Photo: China Wong)*

has been wondering if the opinions of the students will ever change to give them the benefit of the doubt. I think that is what they should be given. To me, they have proved themselves as a team that is in the beginning of a new phase. They have laid the ground work for future teams to come. They broke the ice. I believe that the softball team will continue to grow. I believe that they will have the new found team strength to never go another season without a win.



# ROW, ROW, ROW YOUR BOAT

## A Look into the Sport of Rowing



Alex Morrell  
Sports Editor

Brisk air floods across your face as the oar catches water and an overwhelming amount of pressure is put within your hands. With the extension of your legs and shift of your shoulders, the blade is driven through the water and your arms stay strong until the finish. Focused on being in sync with the stroke, the blade is snapped out of the water with a flick of the wrist: one stroke down, hundreds to go.

Rowing, also known as crew, can be solely recreational although is often competitive throughout the high school, college, masters, and Olympic levels. Located on the Great Bay, Great Bay Rowing (GBR) serves as the primary high school club team for high schools in the area including Oyster River, Portsmouth, Dover, and Exeter. How does rowing impact high school life and the journey into college?

"I don't think other athletes really respect how definitively crew is the ultimate team sport," explains Eugene Kim, Oyster River alumnus class of 2007. Kim rowed for GBR during his high school years and rowed at Tufts University for four years. Kim currently coaches for GBR and plans to attend medical school in the fall of 2015. "It takes a certain type of personality to excel in a sport like crew," Kim adds.

ORHS senior Mikey McDonough explains that "the most common misconceptions include that the person in the front of the boat just yells 'row' at us and that we just use our arms to row when really our seats slide and each stroke is a lot of leg and core

power." McDonough has been rowing with GBR for four seasons now. "The boats are very easy to flip too if you don't know what you're doing," he adds.

Zach Scholz, Oyster River alumnus class of 2013 believes "the level of athleticism [crew] requires makes it much more elite than many other sports." Scholz rowed for GBR for seven seasons and is currently on the Boston University crew team. In the fall, he is attending the United States Air Force Academy in Annapolis, Maryland. "The team comes together to create a sync not felt throughout any other sport. It isn't like throwing a football; there is so much to it that no one could understand unless experiencing it first hand," Scholz adds. "Rowing at Boston University has been amazing. I came to BU knowing that I wouldn't be alone or hard fought to make friends quickly. The perks of being a

rower at BU continue to grow and needless to say, it has made my college experience amazing," Scholz adds.

ORHS senior Seamus Potter has rowed with GBR for four seasons and "hopes rowing will make me a more viable candidate for certain programs I hope to take part in throughout college, as well as later on in life with the skills I have learned through the sport." Potter believes that rowing has made high school life a lot more enjoyable because "it gives me something to look forward to everyday."

The University of New Hampshire's Men's Varsity rowing coxswain (person who sits in the stern of the boat to steer and call to the rowers while they row) Kelsey Swalwell did not become involved in rowing until she was in college. Growing up in Oklahoma, rowing was not a sport that was well-



Textile Regatta 2012  
(Photo Credit: Zach Scholz)

known. "Rowing is not a sport you pick up on the side... rowers tend to be high powered, ambitious individuals," she says. Swalwell explains that although the early morning practices are the hardest selling

*"The level of athleticism [crew] requires makes it much more elite than many other sports."*

-Zach Scholz

point for incoming college freshmen, "once you get over that initial hump of waking up early, it begins to raise all your standards for the rest of the day." Swalwell admits that joining the crew team halfway through freshman year of college was one of the best decisions and that it gave her "a happy little community" to be around. Graduating from UNH this year with a nutrition major, Swalwell explained that rowing made her "become much more efficient with and value her time."

Portsmouth High School student Meghan Welsh says that "colleges look at crew for many reasons. The amount of time, dedication, uniqueness, and self-discipline it takes to be successful on a crew team is impressive in and of itself. It is a really amazing sport to be a part of if you can be." Welsh is the coxswain for the GBR varsity men's boat and spent her freshman year at Brewster Academy on their rowing team.

"I do not believe athletes of other sports understand the true value of being told to shut up, do what you are told, and do it very well," states Kim. "It is a sport where you can spend forever working on your stroke but never quite perfect it," Swalwell adds.

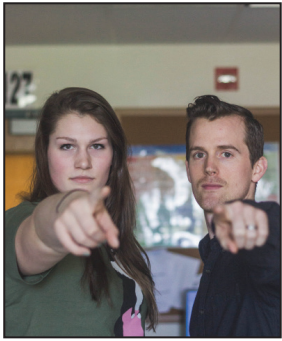


GBR Varsity Girls at the Textile Regatta in Lowell, MA.  
(Photo Credit: Betsy Cole)



# SARNO SUMMER CLASSIC

## Remembering Matthew Sarno



**Brenna Walczak**  
Sports Writer

On May 5th, 2005 Oyster River lost a beloved student athlete. Matthew Sarno died suddenly of an undetected case of acute Leukemia at the age of 17. He was in his senior year during varsity baseball season. According to the Foster's article *Matt's Memory Lives on in Sarno Summer Classic*, Sarno would have whole heartedly approved and supported the wiffle ball tournament being played in his memory, but would he have played in it? "Probably not. As a former teammate [of Sarno's] Alex Foster half-jokingly pointed out, it might have messed up his baseball swing, and that's something he wasn't willing to risk." As you could probably tell Sarno was serious about his sport, if he had lived through the season, he would have gone on to win an award for dedication and continued on to play at Dartmouth College.

A year after Sarno's death, the Sarno Summer Classic Wiffle Ball Tournament began. The main goal, other than cherishing the memory of Sarno, is to raise funds for the Matthew Sarno Scholarship provided

*"Matthew's passing was such an unexpected blow. I have to say that answering these questions was harder than I thought it would be. It brought up some memories and thoughts I haven't reflected on for a while. Time makes it easier, but it is still hard for my family. ORHS and our community was very good to my family and me. I don't remember everything, as that time was a blur, I was phased out for a while, but I do remember that all administration, teachers and staff were very supportive of us."* -Leslie Sarno

to one senior each year by Sarno's parents Joseph and Elizabeth. "Baseball was his passion," said his sister Leslie Sarno. "My family and I fully support

the Sarno Summer Classic. We appreciate anything done in memory of Matt, especially something as fun as the Classic," she finished. This year [the tournament] is June 8. "Usually we average 75-100 students. Also a lot of the kids from Sarno's graduating class come back to play in his honor," says ORHS Athletic Director

*"When someone passes away, you instantly hear how they were, 'the nicest person in the world.' The problem is, someday everyone dies, and certainly not everyone is 'the nicest person in the world.' So what happens when the nicest person in the world does die?"*

-Zach Nichols Features Writer  
(Matt Sarno; Remembering a Fallen Friend Mouth of the River, June 2005)

Corey Parker.

Last month marked 9 years since Sarno's passing. "My family and I think about him all the time, and it means a lot to us that others remember him as well, and that his memory lives on in our small community," commented Leslie.

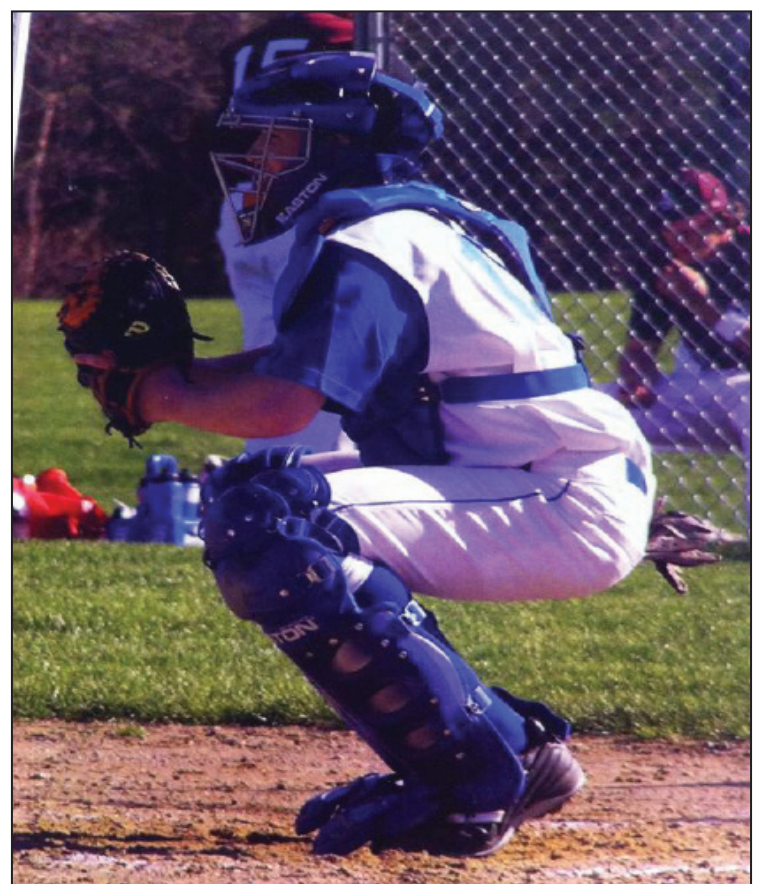
Sarno was the type of athlete that didn't talk much, but when he did he was thoroughly listened to, because all of his peers respected him with the highest regards. "He led by example," says Sarno's former basketball coach, Oyster River high school's former Athletic Director and current ORHS P.E. teacher, Don Maynard. "Matthew was very driven to perform well in every aspect of his life. He was the definition of a student athlete. He had a level of focus that I envied. He knew what he wanted and how to get there," Leslie added. "The nice thing about Matt," said Maynard, "was that he always put the team first, no matter what. That's the one thing I'll always remember about him, it's hard to find kids like that." Maynard knew Sarno as an amazing athlete and person, he was just as taken aback by his sudden death as everyone else in the community. "It was crazy," Maynard continued. "For Matt to be here one day



Matthew Sarno in 2004.  
(Photo Credit: Leslie Sarno)

starting as a pitcher in a game and then that same day by like eleven o'clock he was just gone, it was bizarre."

"It's a really good cause," says ORHS senior and three year participant Cooper Smith, "I just love hanging out with my friends and playing wiffle ball. I think that a lot more people would want to go if they just knew about it; I think last year it brought in close to twenty teams, they could get much more."



Matt Playing in an ORHS varsity baseball game.  
(Photo Credit: Leslie Sarno)



# GOT GAME?

## The Importance of Athletics



**Sadie Moore**  
*Guest Sports  
Writer*

Many of today's youth miss out on the life changing experience of sports in high school. These organized groups not only give physical exercise but teach responsibility, discipline, and teamwork.

71% of ORHS students participated in at least one sport last year and of that 49% participated in two or more sports. There are 31 athletic specific programs that you can join. Sports are a big part of student culture at Oyster River High School (ORHS) and are very well attended. "It's school spirit, the sports [that] we do have [at ORHS] everyone tries to go to to support their friends," says soccer player and Athletic Council member Grace Tauriello.

"Sports are extremely important. There are so many great lessons you can learn; there's the comradery, the social aspect, the competitiveness, and hopefully students want to represent their school well," says Athletic Director Corey Parker.

"I think people should play sports because it teaches you the values of working hard. Losing some games is good, it teaches you that you won't always win but if you work hard you can win more often than not," says junior athlete Liam O'Rourke.

There are many reasons to play but a main reason is a passion for the sport. You will find many students who have a 'main' sport that they play for the school, clubs,

played soccer for Seacoast United for five years and now plays for the Boston Bolts. He also skis for the ORHS ski team and for CVA which is an Academy near Sugarloaf Mountain that he skied for on the weekends. "I play sports for many reasons mainly because I love being active and I am highly competitive," O'Rourke explains.

Some qualities you gain from being a part of a sports team include "teamwork, reliability, accountability, and perseverance... a lot of those come into play when you graduate high school," Parker explains. Many of the skills needed in sports aren't just for sports. They are traits that are used in your everyday life that can help you be a better student and overall person.

Parker also adds that "you can get great value from any extracurricular you participate in." It doesn't just have to be a sport you

partake in to gain these experiences. Many other clubs and activities set a precedent for responsibility, working together, organization and much more. For me organized athletics kill two birds with one stone; it is a social experience that teaches you skill sets for the future but it is also a

fun way to stay healthy and get exercise.

"Winning is enjoyable to some where learning skills and improving and playing is enjoyable to others," Parker says. Everyone plays sports for their own reason but no matter what you can gain something even if that is learning to deal with doing things or being with people you don't necessarily enjoy. You will never know what you can

learn and gain from something if you don't try it.

Many social cliques are determined by sports teams. "During season you see that team hanging out after school, in

the core, and in the past they've had their own lunch tables," Tauriello says. Although it's not like the cliques of sports teams you



*Liam O'Rourke playing soccer.*  
(Photo Credit: Dan O'Rourke)

see in movies, O'Rourke agrees that "many sports teams like to hangout with each other mid season to help build camaraderie."

"My encouragement is to do something because generally statistics show that if you're not involved in any school activity or clubs outside of school than kids may not make the best decisions," Parker explains. This is very true in that activities take up time that could be spent doing less desirable things. Studies done by the National Center for Education show that public school students who do extracurriculars: skip less classes, have higher GPA's, and expect to earn a bachelors degree or higher.

"Not playing sports, you lose some of the educational value that you don't get in the classroom. In the classroom, your grade doesn't affect other people where as on a team your work and effort does," Parker says.

Any sport or activity will take a lot of commitment not only time wise but physically and mentally. Parker explains that you have to "understand and appreciate the commitment to playing on a team." At a varsity level, you have to show up to every practice and game or else you are letting your whole team down. Even if you're not in a position where you are playing all the time you are still in a vital role as a team player. "It's important to appreciate the value of making a team and the expectation to being committed to that team at that point," Parker explains. (continued on page 31)



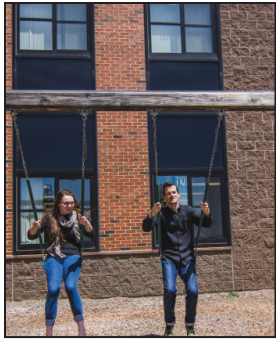
*2014 Oyster River Varsity Boys Lacrosse Team.*

and just for fun, and then other sports to either stay in shape for their main sport or just because they enjoy athletics. O'Rourke has



# ON THAT WORKOUT GRIND

## Athletes going above & beyond at ORHS



Alex Morrell  
Sports Editor

Right when you get into the swing of summer, August is already rapidly approaching. August means back to school shopping and thoughts of the upcoming school year. For those who are unaware, tryouts for fall sports also occur in August. This year, fall tryouts will begin on the 18th of August, with the 2014-2015 school year starting on August 27th.

"This year, there are many teams organizing summer workout plans," explains Oyster River High School athletic director Corey Parker. Teams of all seasons organize summer workouts to try to get the ball rolling for their upcoming season. In the past, teams have done summer workouts but this year there is definitely an increase. "The purpose of the summer programs is for kids who aren't playing sports to get a head start on the conditioning for their season," says ORHS athletic trainer Mike Feld. Feld has been working specifically with the soccer programs to train the athletes during their off seasons. "It saves the coaches weeks of time because they can get right into the more tactical aspects of the sport instead of spending the first few weeks of the season just conditioning," Feld adds.

The ORHS cross country team trains all

summer including a few different overnight cross country camps. "By training all summer, we do not have to waste time during the season getting back in shape," explains cross country runner Adele Ziemek. Other teams that train during the summer include soccer, basketball, and volleyball.

*"We want to get a leg up on the competition. We want to know we are in better shape than anyone we are playing."*  
-Charlie Crull



Junior Jon Dutka working out.



Juniors Jon Dutka and Ben Fried working out along with coach Charlie Crull (back).

AM workouts for the track and boys' soccer team. Varsity soccer goalie Jon Dutka has been participating in these workouts since freshman year and explains that "the [athletes] who attend regularly are developing better skills from drills and small games, including Futsal." Futsal is like indoor soccer, but with smaller field dimensions and a smaller and slightly heavier ball to simulate how a normal soccer ball performs on grass or turf. The purpose of the workouts are "to get stronger, to get fast-

er, to get quicker, more explosive and, most importantly, more confident," explains Oyster River varsity soccer coach Charlie Crull. Crull has been a part of OR's soccer program since 2002 and has been facilitating morning workouts with Nick Ricciardi for about four years. These workouts happen every Thursday and Friday morning. "It's individual and optional. These workouts are pretty well rounded; you don't have to be a soccer player to participate," Crull adds. "However we do tailor some of the stuff as we get closer to the season to soccer but a lot of it is building the physical foundation of your body."

"We are all getting stronger and faster thanks to the workouts that we do with Nick that are similar to track workouts," adds Dutka. Dutka hopes to play soccer at collegiate level in the future.

*"We are all getting stronger and faster thanks to the workouts that we do with Nick."*  
-Jon Dutka

Crull ends by saying, "we want to get a leg up on the competition. We want to know we are in better shape than anyone we are playing... We know that we are getting out of bed at 7 o'clock in the morning to go work out while everyone else is sleeping still."

If you are interested in joining in on the morning workouts or summer programs, contact the upperclassmen on your team or Mr. Parker.



Got Game?, Continued From Page 29

On the other hand Parker says that “sometimes students commit too much times to sports.” Things like school work and family do come first and sometimes you get wrapped up in your sports and forget that.

Senior Seamus Potter does crew for Great Bay Rowing and participates in plays/musicals at the high school. He explains his reasons for not doing school affiliated sports, “I didn’t get good enough grades to be a part of any of the schools teams,” at Oyster River High School you cannot be failing any classes in order to participate in sports. “The schools teams are also kind of dominated by a select group of people the thought of trying out made me a little uncomfortable. I felt like I was trespassing,” Potter adds. Since many people have been playing sports with the same peers for so long, many bonds are formed so it can be hard to just join. This is something

*“Losing some games is good, it teaches you that you won’t always win but if you work hard you can win more often than not.”*  
-Liam O’Rourke

that all groups should realize, being inclusive is a huge part of team centered athletics.

“The people in the drama department just don’t seem interested. They’ve found their creative outlet in a more emotionally invested way that makes them express themselves a lot more than sports do,” Potter explains. This is very valid in that everyone enjoys different things, there are so many ways to participate in something more than your own thing so you might as well explore and take advantage of that.

Sports are something that can shape your teenage years. You can learn a lot and benefit in many ways. Even if teams aren’t your thing there are so many other options like like karate or jump roping that you can do on a more individual level. Everyone should give some sort of extra curricular a try.

Some don’t play sports due to the time commitment and responsibility you hold. Another reason is the fear of not making a team. “In a tryout process, if someone doesn’t make the team there are still many other options and sports,” Parker explains. It is intimidating to some because many athletes have been playing these sports for so long. “A lot of collegiate athletes don’t pick up sports until high school,” adds Parker. O’Rourke has been playing some sort of organized sport since the age of six and some have started even earlier. Junior Gunner Tucker recalls playing soccer at three years old. Although they have a head start, it is never too late to give it a try. Whatever reason you have, you may as well try out playing a sport because you could enjoy it. “I’d encourage everyone to participate,” Parker says.

Parker believes that “some don’t play because the unrealistic notion of playing at the next level.” 7% of high school athletes can participate at the collegiate level and of that only 2% get scholarships, this is out of 7.7 million student athletes in the world.

Check out some online exclusives!



Scan here to read an article about the GSA



Click here to read an article about adaptive skiing.



Click here to read an article about SAT changes.



# 100 DEGREE WORKOUT

## Bikram Yoga



**Sadie Moore**  
Guest Sports  
Writer

Imagine a 100 plus degree room filled with strangers, pushing your body further than you knew it could stretch. Bikram yoga is a new trend of working out spiritually and physically. You walk into a 105 degree room and set up your yoga mat, with a towel on top of it and plenty of bottled water. Depending on the time and location, the room can be pretty packed. In my experience there were people ranging from age 12 to some in their 50's of both genders. It is a peaceful environment where distractions like cell phones aren't allowed except in cases of emergency. There are mirrored walls so you can watch and perfect each pose. The instructor explains how this is something for all ages and skill sets and that it will be hard at first, but you will improve as you continue. They stand on a podium in the front and use their words to teach to you what to do, how to move and adjust your body for that pose. If you feel dizzy or tired you can sit down and take a break whenever. "I love doing bikram because it is super peaceful and you are still getting exercise," says long term attendee Lizzie Silvio.

Bikram is a set series of 26 poses that are always done no matter which facility you go to. This is different than regular yoga because that can get more advanced with dif-

ferent postures.

ferent postures.

"Most people first and foremost notice the heat," admits Teri Almquist who has nine years of experience as a Bikram Instructor

and is the studio owner of Bikram Yoga Merrimack Valley. "It was a good workout with a pinch of death," says Haley Parry after her first time. Parry says that she would go back even though while she was doing it she didn't think she could continue. "The heat was insane I was sweating as soon as I walked in," she adds.

Many in attendance agree that right after the point where you think you can't go on is when you start getting results and feeling at peace. "It's about pushing yourself," Silvio says.

Senior Shelby Grogan has heard of people doing it but

*"It was a good workout with a pinch of death."*  
-Haley Parry

says she would not do it because it's "crazy and dangerous." For many, the idea of working out in heat is something they try to avoid "if

anything it makes me want to stop [exercising]," Grogan says.

"The reputation is that bikram is very intense yoga but the yoga itself is a beginner practice and the heat is what makes it easier to do the postures. What really stops people is fear of the unknown," says Almquist. Your muscles are very relaxed due to the heat so you are a lot more flexible.

Almquist explains that "your body cre-

ates metabolic waste which you get rid of through sweat and your digestive system. We do postures to keep your digestive system working and teach you how to breathe



The Portsmouth, NH Bikram Yoga Studio

more efficiently." This is how Bikram releases the toxins in your body. Grogan doesn't believe that yoga could calm her enough for this to work.

Bikram is used for comfort in people with chronic pain and diseases. Many have felt relief from diabetes, anxiety, insomnia, cancers, and other injuries. "A lot of people who have chronic pain it is due to inflammation. Bikram is designed to help blood flow around the body which will relieve some of the inflammation," says Almquist.

On the Bikram yoga website you can find testimonials, one by Nina who had chronic shoulder pain says "the pain was escalating and I didn't have the power to change it. It was devastating. Then I met a massage therapist who thought Bikram yoga might help. I was nervous about starting because I don't like being hot and I couldn't touch my toes. I came anyway. After the first class, the pain in my shoulder was so much better I couldn't believe it. The postures and the heat are like total body therapy. By the end of the first week, I didn't think about my shoulder anymore."

Bikram Yoga is a international organization with affiliated studios worldwide. The instructors go through a certification process that immerses you in Bikram. There are nine weeks of teacher training with over 600 hours total. They then have to teach for six months with an experienced teacher. "It is one of the most intense yoga trainings out there," Almquist says.



A Bikram Class